

It's OK (Please Just Say): Song and Video Project

Step 4

1. Learn to Sing the Song

Sing out loud, if appropriate, or internalise the words.

Pay careful attention to the bridge section of the song as you will be adding in your Hands Activity words or phrases later.

2. Signed Song

Rehearse this all the way through and then divide the class into two groups. One half should perform the signed song whilst the other half is the audience. Ask for helpful feedback and then switch roles.

3. Hands Activity

Working in pairs and using their puppets, they should practise saying their favourite words or phrases in a variety of voices.

Play Learn to Sing the Song from the bridge section and replace the words from 'Listen to music' onwards with the words or phrases that each pair has written.



To begin with, everyone should try this at the same time so that they can get the timing right.

Once confident, ask for volunteers to fill four or eight lines with their own words or phrases. Repeat until all the volunteers have had the chance to perform.

Talk about how thinking about positive things can help lift your mood when you're feeling sad or anxious.

4. Discuss Your Performance or Video Ideas

Finish the session by thinking ahead to the final performance or video. You may like to watch the It's OK (Please Just Say) video for inspiration.