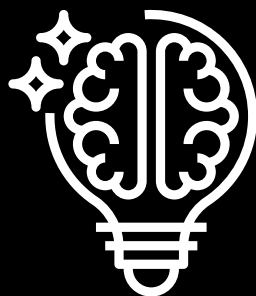


LET THE
SONG
HOLD US
ACTIVITY
SONGBOOK



HELLO EXPLORER

Welcome to FACT!

Songs are everywhere. You can hear them spilling out of the shops on Bold Street, or from the loud headphones of a stranger sitting next to you on the bus. You can even hear them inside your head, playing over and over as they get stuck inside your brain.

You can find songs everywhere, as long as you are open to the world of sounds around you.

Once you enter our galleries with your group, you will find films, sculptures and most importantly, songs! Use this ACTIVITY SONGBOOK to find questions, thoughts and ideas that will help you to interact with them differently.

If you scan the QR code on the next page, you will find a Spotify playlist that the artists have picked especially for you. Help the list of songs to grow by adding your own to share with everyone else that picks up this songbook.

This activity sheet is suitable for all ages.

EXPLORER NAME



SONG 1

AS IF NO MISFORTUNE HAD OCCURED IN THE NIGHT

This song is by Larissa Sansour and Søren Lind. It is an aria: a piece of music in an opera, for one singer. Songs can feel different; sometimes they make you feel bright and full of energy, or maybe they remind you of someone you miss a lot. The artists think that sad songs can help us feel better sometimes and that music can help us share our feelings and heal. When we all share songs with the world, they become part of our memories together.



Find your own way to experience the voice in the film, how do you think the singer feels?

What song would you share with her to help her feel differently?

Do you have songs that change your mood?

The film talks about how sad feelings can be passed from one person to another, even if we can't remember why we are sad at all. We can carry someone else's feelings in our bodies, and share our own sadness, happiness or worries with others.

Pick a song and ask an adult to add it to our Spotify playlist, so we all can heal, dance and sing together!

SCAN TO ADD TO
THE SONGBOOK



SONG 2

SONGS FOR LIVING

This song is by **Korakrit Arunanondchai** & **Alex Gvojic**. The artists have been inspired by popular science fiction and horror films to create the songs in the film. Can you spot the reference to The Hunger Games? Film and music can be great languages that people mix to tell many different stories.

One of the things this film tells us is that most things in life have a beginning and an end.



If your life was a musical, which song would get the film started?

What do you think happens to the protagonists after THE END in movies, and books?

Do you know any songs that you could listen to forever?



SONG 3

≈≈aaaaaahmaaaaaa≈≈

This song is by **Rae-Yen Song**. Rae-Yen has created sculptures, drawings and costumes to tell the story of the artist's family. In this place, Rae-Yen family can find refuge, be safe and honoured: this place is their sanctuary. But if you look around, you're only seeing half of it! The guardian statues protecting the sanctuary are also online, and they want you to visit them. The window is a portal that lets you enter a fantasy, digital world. So if you have a phone, scan this QR code and explore the online side of the Song family.

In there you can see videos of the Song family wearing the costumes, performing and playing games.



Who would you create a sanctuary for? What kind of things would you find inside?

Would you play games? If so, which ones?

Would dancing and singing be allowed inside your sanctuary? What songs would you sing and dance to?

SCAN IN THE
GALLERY TO ENTER
THE PORTAL



SONG 4

FOLLOWING THE GOURD

This song is by **Ebun Sodipo**. Ebun has created a map of constellations with the help of young Trans people who call themselves The Cartographer's Committee. They have picked their favourite things and turned them into drawings by using groups of stars (a constellation). Each constellation represents who the members of the Committee are in the world by sharing recordings of their voice, things that they love doing, or pictures of their favourite things.

Think about an object or animal that you love. Create a constellation in the shape of that object or animal by joining the stars to each other - and adding new ones! Use the next page to draw your constellation.

Does your constellation have a name?



What song would you place inside it?

What does this constellation say about you?

Any Trans youth can join The Cartographer's Committee and add their own constellation to the artwork, by going to fact.co.uk/cartographer



SONG 5

DARK CIRCLES

This song is by **Tessa Norton**. Tessa has been researching old film stars who were Anglo-Indian (people with mixed British and Indian families). She is very interested in how the place where you are born can make you feel differently about many things - and it can also change what people think of you.

People remix and create their own versions of songs and dances all the time.

What's your favourite remix, duet or cover version of a song or dance?



Is there a song or dance that makes you feel very close to where you are from?

How do you feel about people around the world making other versions of it?

SONG 6

FI DEM V - A REDEMPTIVE SONG

This song is by **Zinzi Minott**. Zinzi created this space and filled it with many things. Plants; so we stay connected and rooted to the soil beneath us. Water; so our energy flows gently. Sound; so loud that you can't escape it, that it is everywhere. Colours; so we become bright and bold.

Think of how the colours, water, plants and sound would move around the room if they had legs and arms.

Listen to the songs in the film, what story do you think the artist is sharing with us?



Is there a plant that makes you feel at home?

Is there a colour that makes you feel powerful?

Is there a sound that makes you want to dance?