



“APPROVE!”

Empowering Abused Women, Affirming Self Worth
with
Singer, Actress
AKUA TAYLOR

PRIMARY ART FORM / CORE CONTENT:

Music, Voice

STANDARDS MET:

Skills and Techniques/Performance:

-Sing to recognize fundamentals of tone production

Creation:

-Improvising melodies, variations, and accompaniments

-Composing and arranging music within specified guidelines

Critical Analysis/Investigate:

-Evaluating music and music performances

Cultural and Historical Context:

-Identify the influence of music on society and society’s influence on music within a given time period.

GRADE LEVEL:

Adults and their children, ages kindergarten - 12th, adaptable.

NUMBER OF STUDENTS:

5- 50

LESSON PLAN / PROGRAM SYNOPSIS:

1. ICEBREAKER: An original song by Akua Taylor, “Just Trying To Live.”
2. INTRODUCTION: of the workshop and goals for the participants. To use ones voice, speak ones truth, affirm self worth.
3. EXERCISE: Send it out, Get it back, Let it go
This is a physical movement where we stand up and send out energy with out hands up to the ceiling. Then pull the energy back to us with our arms. Lastly, we clean off or brush off energy down to the floor.
4. SONG: “Reach Higher”
5. AFFIRMATION: Defining and discussing the power of words and sound vibration. Participants explore needs, wants and dreams, affirming achievement and ability to receive all things spoken. Standing up, we speak affirmations loudly, rhythmically, and with movement.
6. TURNING AFFIRMATION INTO SONG: Adding melody to previously created affirmations, participants give voice to their needs, wants and dreams.
6. EXERCISE: Mirror
One by one we look in my big special mirror and say "I love you."
7. SONG: “Approve”
8. CONCLUSION: We are worthy of love, even after trauma, and love starts within.

	Workshop	Residency
Singer:	\$300	\$600

LENGTH:

45 minutes

FEE STRUCTURE:

Negotiable.

Based on travel cost and artist experience.

TECHNICAL REQUIREMENTS:

Power source, laptop, microphone, PA system.

CONTACT:

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