ART ACTIVITY INSTRUCTIONS:
A JOURNEY THROUGH THE AFRICAN DIASPORA
@ARTSCORPS
#MAKEARTANYWAY
**Journey Through the African Diaspora**

**Discipline:** Song & Rhythm  
**Duration:** 15 minutes  
**Age Range:** K - 5  
**Creator:** Sumayya E. Diop  
**Contact:** integration@artsorps.org  
**Vocabulary:**  
Djembe  
Fanga  
Alaffia  
Ase’  
Wolof  
Yaye  
Sama  
Call and Response

Learn a song and drum rhythm based on a collaboration of art and artists from Africa, the Caribbean and New York City. Sing in community with others and share your power.

**Learning Goals:**

- You will learn the cultural “call and response” song “Fanga Alafia Ase’ Ase.”
- You will reflect on what your personal power is.
- You will learn that when we sing, we change frequencies in our body!

My name is Sister Sumayya, and you can call me Sister Susu or Sama Yaye if you want. Yaye is Wolof for Mother. Wolof is a language of Senegal. Sama is Wolof for Sweet. To me, Africa is a way of life.

There is a saying that comes from Africa and it is a call and response. It is: “I am, because we are.”

What does that phrase mean to you?

When I say I AM, you respond WE ARE.

**Sister Sumayya: I AM!**

**You:** WE ARE!

**Sister Sumayya: I AM!**

**You:** WE ARE!

We are in community together, and together we’re going to learn and sing one of my favorite songs. What is your favorite song?

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“Fanga Alaffia Ase’ Ase’”

The song we’ll learn together is also a call and response. It is a collaboration from all over the world.

The drum rhythm, fanga, comes from Sierra Leone in Africa, the melody of the song comes from the American South, and the dancing is from the Caribbean. You can join the collaboration and make up your own dance!
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Here are the words:

Fanga: drum rhythm (Sierra Leone)
Alaffia: welcome (Nigeria)
Ase': power/so it is (Nigeria)

First, I sing, then you respond!

Sister Sumayya: Fanga alaffia, ase’ ase’!
(and you respond)

You: Fanga alaffia, ase’ ase’!

When you sing ase’, can you share your power with the world through your dance? What is your personal power?

Sister Sumayya dances and drums. You dance and sing!

Activity Closing: Now What?

Share the Fanga song with family, friends, neighbors, and community! Make a recording and share it with us by emailing us at integration@artscorps.org, or sending it to us on social media at @ArtsCorps.

Listen to the melody of “Lil Liza Jane” that the Fanga song is based on. Make up your own lyrics to a new song with the melody. What is giving and bringing YOU power during this time? Can you share it with the world through music and song?

What is your favorite song? Sister Sumayya’s is “Fanga Alaffia Ase’ Ase’.” Can you teach your favorite song to a family, friend, or community member?

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Click here to watch the video version of this lesson.

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