

This Land is Your Land

Rhythm Activity Using Cups (all grades)

Materials:

At least 2 people, but can be done with unlimited numbers.

Each person needs a sturdy but non-breakable cup. Do NOT use glass.

Sing the song, "This Land is Your Land" (lyrics are below)

(to hear the song, you can go to: <https://www.youtube.com/embed/FeMLaQTWlgU>)

Lyrics:

(Refrain)

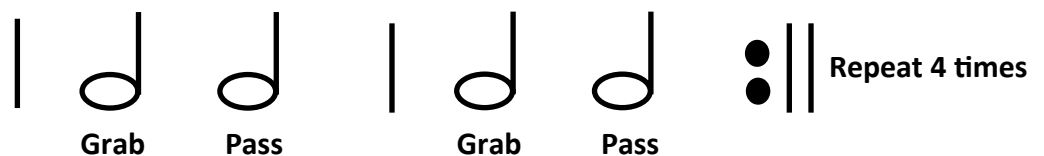
*This land is your land, this land is my land.
From California, to the New York Island.
From the Redwood forest, to the Gulf stream waters.
This land was made for you and me.*

(Verse)

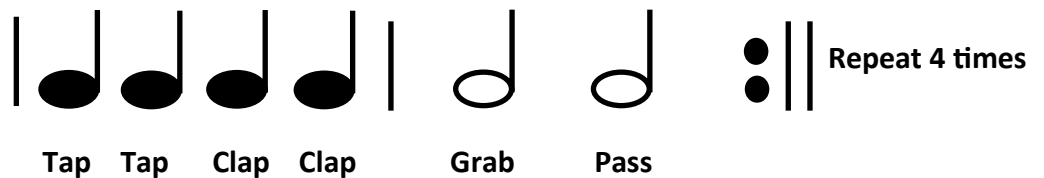
*I've roamed and rambled, and I've followed my footsteps,
To the sparkling sands of, her diamond desert.
And all around me, a voice was sounding,
This land was made for you and me.*

To play the game, sit in a circle with your cup in front of you. Pass cups clockwise.

Refrain Pattern:



Verse Pattern:



Grab



Pass



Tap