

Superhero sounds

Music

30 minutes

You will need:

Flipchart/whiteboard and pen to make notes, or a large sheet of paper that everybody can see

Selection of percussion instruments (this could be things you have bought but homemade instruments can work equally well)

Large groups



Fun Uplifting Creative

Ideas for homemade instruments

- A plastic bottle full of rice
- Pans and wooden spoons
- Metal spoons
- Coconut shells
- Plastic bottle lids on string
- Dried peas sealed inside a cardboard tube
- Dried peas or beans on a metal tray
- Tin can drums: stretch a balloon over an empty tin and fix in place with an elastic band.

Credit:

Andrea Vogler. Developed in partnership with Made by Mortals, who are part funded by Action Together, in partnership with Hearts and Minds Theatre Company.

This activity invites participants to design their own superhero characters, then create a percussive sound effect or rhythm to go with their superpower. The sounds can then be added to a live narrative or individually recorded and added to a podcast, for example.

To begin:

Start your activity with a general discussion about superheroes; remember not all heroes wear capes! *What qualities do you think a superhero has?* For example: *determined, strong, patient?* And if that quality was a sound, how would you describe it? For example: *soft, bright, gentle, sparkly?*

As your group comes up with ideas, write them down so that everybody can see them. Try to continue until everybody has come up with at least one quality and one sound.

Next:

Think about creating rhythms to match some of the words in your sound list. You can try them on their own or in different combinations. For example:

“soft, gen-tle”

“soft, spar-kly”

“bright, soft, gen-tle”

Now think about the quality of the sounds and which of your percussion instruments would fit each one best. When everybody has created a word rhythm and chosen an instrument, you can have a go at playing them. *Do people like their sound or do they want to change it?*

To finish:

Once everybody is happy with their superhero sounds, you can start to experiment with them. *Are there some that sound good joined together or played at the same time?*

As a group, can you develop your own mini superhero story and play the sounds to accompany it? Or could you record them for future use?

You could also:

Percussion lends itself well to this activity because everyone can join in and create sounds. But if you have someone in your group who plays a different instrument, you could easily include them too and create a whole new sound world.

