

Lemme Sticks

Supplies needed:

- Lemme Sticks

Lemme Sticks—Chant and Rhythm

Chant

Mah-ko-wa

Ko-we-tah-nah

Wa-ko-we

Tah-nah

Repeat

Rhythm

Beat 1: Hit the floor 4x

Beat 2: Hit own sticks 4x

Beat 3: Hit partner's left stick 4x

4X Same as above, except hit both
of partner's sticks on third beat

4X Same as above except toss
stick to partner on third beat

4X Same as above except toss
both sticks on third beat

4X Hit floor, own sticks, partner's
right, partner's left, partner's
right, partner's left



Lemme sticks are percussion instruments used during rhythm activities or games. These are available to borrow from the G.I.R.L Resource Center.

Instructions

- Hold sticks horizontally and beat out the rhythm with the chant in a 1,2,3-1,2,3 pattern.
- Practice repeating the words and rhythm until everyone is familiar with it.
- Each player should have a partner, sitting and facing each other on the floor.
- Hold sticks loosely in a vertical position mid-center or slightly below.
- After learning the basics, come up with your own creative routines to your favorite music.

