

**GIRLS ROCK AOTEAROA**

AND

**TO THE FRONT**  
**YOUTH PROGRAMMES**



**ACTIVITY**  
**BOOK** 01





# TO THE FRONT

The kaupapa of Girls Rock Aotearoa is to create the world we want to live in – a more equal and inspiring place.

Girls Rock Aotearoa has helped young women, trans, intersex, takatāpui, and gender diverse youth to explore music since 2018. In our programmes, students form bands, build instrument skills, participate in workshops and write their own songs.

Girls Rock! Aotearoa runs youth programmes throughout the year under the name To The Front.

Participants aged 12 – 17 learn instruments, form bands, write original songs, and perform at a showcase, all guided by professional musicians in an inclusive environment. Alongside collaborative learning, participants will take part in workshops about DIY merch, mindfulness, and performance skills.



# GIRLS ROCK!

## WE BELIEVE:

- THAT YOUTH ARE POWERFUL!
- IN AMPLIFYING VOICES THAT HAVE BEEN OTHERWISE SILENCED
- IN EFFORTS THAT ACTIVELY EXPAND OPPORTUNITIES FOR GIRLS, WOMEN, TRANSGENDER, INTERSEX AND NON-BINARY PEOPLE
- THAT CONFIDENCE COMES NOT FROM PERFECTION, BUT FROM ACCEPTING OUR INDIVIDUALITY AND HAVING FUN!
- IN THE POWER OF MUSIC AS A MEANS TO CREATE PERSONAL & SOCIAL CHANGE
- IN THE POWER OF FRIENDSHIP!
- DISCRIMINATORY BEHAVIOUR OR EXPRESSIONS HAVE NO PLACE IN OUR MOVEMENT!
- IN THE VALUE OF ALL PEOPLE REGARDLESS OF AGE, RACE, ECONOMIC STATUS, GENDER EXPRESSION, SIZE, PHYSICAL ABILITY, DEVELOPMENTAL ABILITY, MUSICAL INTERESTS, LEARNING STYLES, NATIONALITY, RELIGION, THOUGHT AND SEXUAL ORIENTATION





# Writing a Song

There are many ways to write and structure a song, there is no wrong way. This page will give you some ideas on how you can start.

## Beginning a Song

Start with a topic, this could be an idea, feeling or experience.

For example a song about -

- \*your friends or family
- \*something you miss
- \*feeling happy, or sad, or angry
- \*your crush ;)
- \*a special place
- \*a dream you had
- \*climate change
- \*something you feel passionate about

You can use any instrument to start writing a song, for example you could -

- \*Begin with a simple melody on guitar or piano.
- \*Begin with a drum beat and / or bass line.
- \*Begin with singing

## Useful Terms

**Melody:** the musical notes that make up a song.

**Instrumental** - Only instruments playing the melody, without vocals.

**Lyrics** - the words of a song.

**Tempo** - The speed or pace of the song. (it's good to be aware of this so that you can keep in time with your bandmates and make adjustments to go more slowly or faster if you need to).

**Mood** - The mood of a song could also be described as the tone of feeling.



## Identifying the Structure of a Song

**Intro:** this is the part at the very start of the song. It can be simple, with just one instrument or multiple.

- **Verse:** usually this will feature the first vocals in the song. Often there will be both a first verse and second verse, with different lyrics but a similar melody.

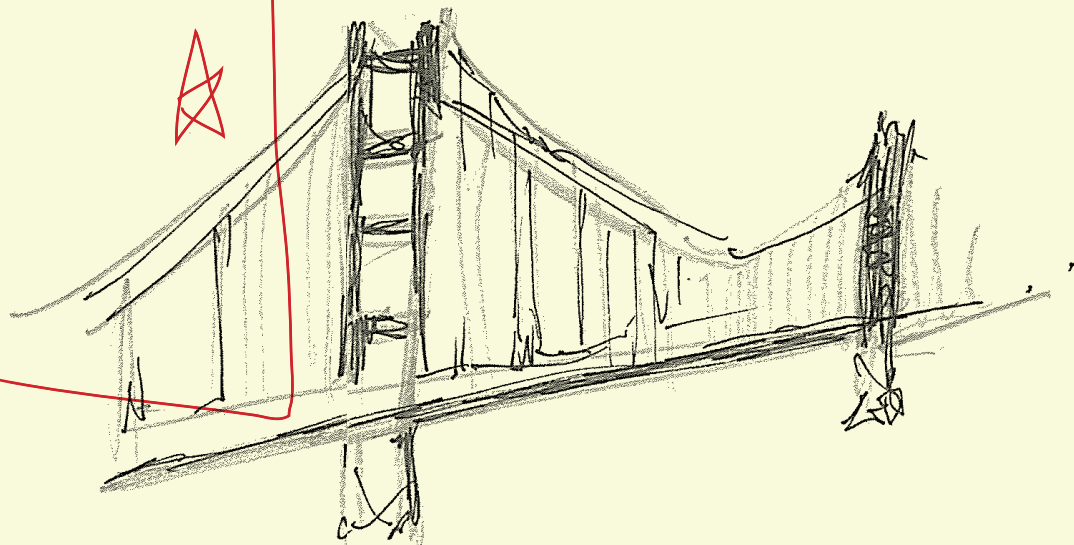
- ★ **Prechorus:** many songs don't have a prechorus, but this can be a part of the song that comes just before the chorus, but sounds slightly different than the verse.

**Chorus:** this usually comes after the first verse. This is the part of the song that will repeat again. A lot of times, you will sing the first verse, then sing the chorus again.



★ **Instrument Solo** - this is a chance for one or any of the members in the band to play a special melody, usually while no one is singing.

- **Bridge:** the bridge usually comes later in the song. Often after the first verse, chorus, second verse and second chorus, the bridge will be written to add something new. This could be a completely new melody on any instrument. You can have fun with the bridge and use it as a way to grab the attention of your listeners.





# THE BETHS

## WRITING A SAD SONG WITH LIZ FROM THE BETHS

### FIRST VERSE

Only play the note D in a repetitive rhythm.  
1st verse is about a sad memory. Describe what you remember in 2 sentences, it's ok to be vague and you don't have to explain it to anyone.

### PRE-CHORUS

Switch to the note G to begin, change if you want  
"I felt....."

### CHORUS

Choose a nursery rhyme or old song you remember when you were younger. Pick a section from it and change the words. Change at least 1 word and at most all of the words. Change the melody too if you come up with a better one.  
Optional chords to use underneath: D A G G

### SECOND VERSE

Back to the note D  
Bring the song into the present. What is happening now in relation to what happened then? Again being vague is ok. 2 sentences.

### PRE-CHORUS

Switch to note G  
"I feel....."  
Sing it twice this time.

### CHORUS

Sing the chorus twice this time.  
Change one word or line the second time.

### OUTRO

Repeat the chorus chords a few times  
Choose one line/word/phrase from anywhere in the song and repeat it over the outro

# ANNA CODDINGTON

Write a song with Anna Coddington

1. You are limited to 3 chords (your choice) for the whole song but it must have 3 sections with different arrangements of those chords. E.g. Verse could be Am/C/F, chorus could be C/F/C/F, bridge could stay on Am for ages or switch randomly through all chords. See how interesting you can make those 3 chords.
2. Write a lyric about something in a room (object or event). Write a section from the perspective of someone who is in the room, and write a section from the perspective of someone who is not in the room- two perspectives on one thing.
3. In each verse, include a specific descriptive detail of an image, sound, feeling etc.
4. You have to have one bit where it's just the vocal and one instrument (your choice which one).
5. You have to use a personal name at least once in the song (David, Mereana, Stuart, Tania, whatever).

Write a song with Julia Deans

# JULIA DEANS

This song has a very simple structure:

Verse + Chorus + Verse + Chorus + Chorus

The verse accompaniment has only single notes at a time.  
The chorus only uses two chords.

Verse 1 is about feeling lonely.  
Chorus 1 is about being with people & how this makes you feel.  
Verse 2 is about enjoying being alone.  
Chorus 1 same as above.  
Chorus 2 change only one line or a few words so that the chorus becomes specifically about being with friends/family.

Think about using dynamics (LOUD/quiet) to highlight the differences between your verses & choruses.



# WRITE A SONG WITH FIMO

BY AMELIA + MOE

- ♥ IN ONE SECTION, THE VOCALS + THE INSTRUMENT FOLLOW THE SAME MELODY.
- ♥ SAD VERSES, HAPPY CHORUS
- ♥ THE FIRST LINE ASKS A QUESTION + THE LAST LINE ANSWERS IT
- ♥ AT LEAST ONE HALF RHYME
- ♥ EACH VERSE IS A DIFFERENT COLOUR

NO NEED TO MENTION THE COLOUR  
JUST LET IT GUIDE THE FEELING

# WRITE A SONG WITH FIMO

BY MOE + AMELIA

- ♥ SAD VERSES, HAPPY CHORUS
- ♥ ONE SECTION HAS ALL OF THE INSTRUMENTS PLAYING THE SAME THING
- ♥ THE FIRST LINE ASKS A QUESTION, THE LAST LINE ANSWERS IT
- ♥ THERE IS AT LEAST ONE ~HALF RHYME~
- ♥ EACH VERSE IS A DIFFERENT COLOUR.  
NO NEED TO MENTION THE COLOUR! JUST LET IT GUIDE THE FEELING ~
- ♥ HARMONIES ARE PERFORMED AS IF THEY ARE SPEAKING THE 'HIDDEN MEANING' OF THE LYRICS

YOU DECIDE  
WHAT THIS  
MEANS!





# GUITAR FOR SHREDDAZ

## The Basics

There is no one way to play guitar

If you like using a pick then use a pick!

If you like fingerpicking on an electric guitar you go for it!

If you like to play acoustic guitar in open tunings then wahoo!

Want to play with your teeth?? Yes

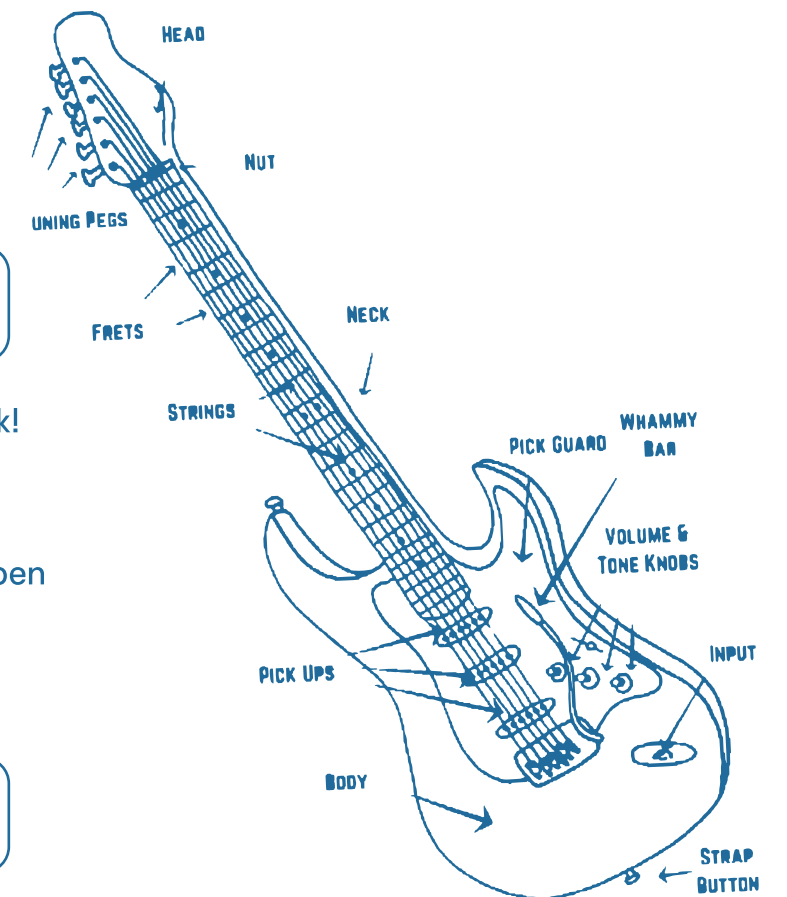
Before playing tune your guitar

Check out free tuning apps on your phone

If the tuner shows the string is sharp it means

It is too high / tight and the string needs loosening

If it is flat / too loose then the string needs tightening



From the top of your guitar to the bottom the strings are —

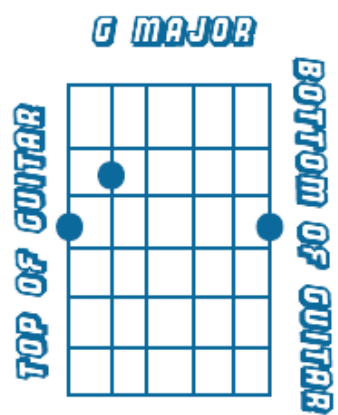
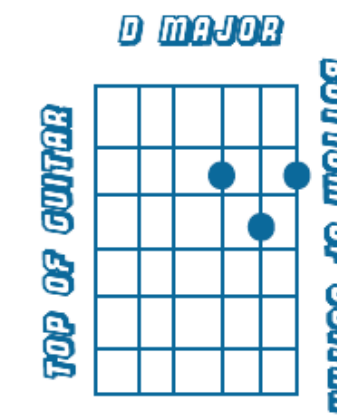
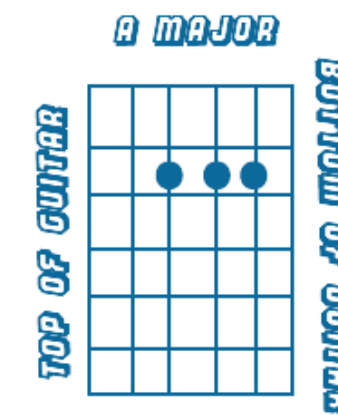
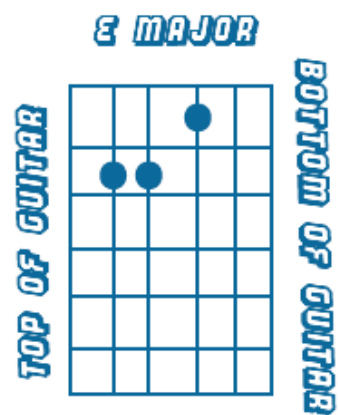
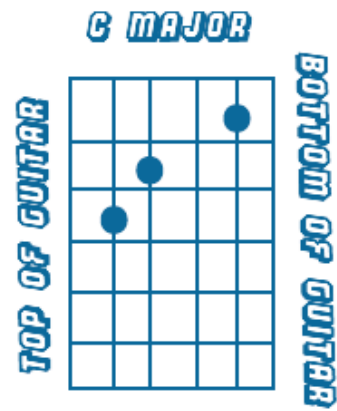
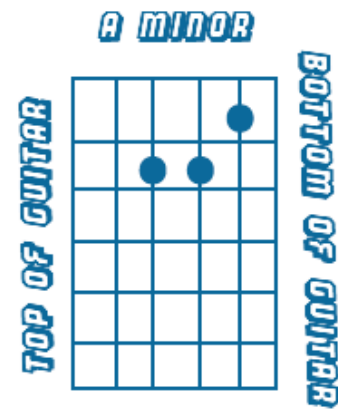
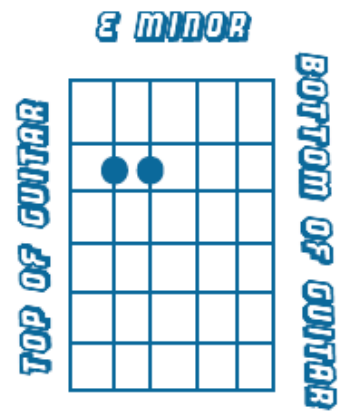
E —  
 A —  
 D —  
 G —  
 B —  
 E —



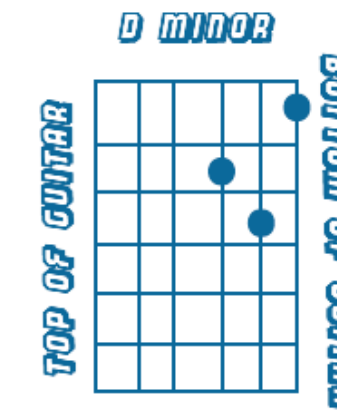
# CHORDS

## SOME BASIC CHORDS TO GET YOU STARTED

(The vertical lines on the diagram are the strings, the horizontal lines are the frets)



Try using these chords in different combinations and see what ones sound cool together!



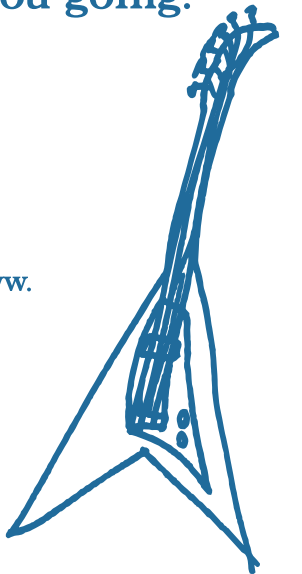
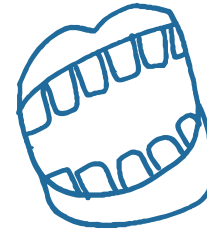
Another option is just using your ears!

Create your own chords and sounds by putting your fingers anywhere you like on the fretboard. If you like the sound it is making then that is all that matters.

(Something to keep in mind - This can be hard when playing with others)

# SINGING WHILE PLAYING

It can be hard to sing and play at the same time. Here are a few tips and exercises to try to get you going.



1. Have a go at singing and only strumming the chord at the beginning of each line or bar.
2. Choose a section you are finding difficult and play it suuuupper sillloooowwww and sing suuppperrrr silllooooww. (It will sound silly while you do it.) After doing this 3 or 4 time stry it at normal speed.
3. Play your guitar and just sing the melody no lyrics. Use sounds like la-la-la or blah-blah-blah.

# PLAYING WITH OTHERS

When playing in a band or group the most important thing is to listen to each other.

That includes when you are playing your song and when you are talking about your song.

## Things to listen for while playing

1. Are you in time with every one?
2. Are you in tune or does something sound a bit funny?
3. Are you too loud or too quiet?

## Try this with another guitarist

One person play E minor and A minor. The other person use the following notes to come up with solos and melodies.  
On the bottom string (e string): use the open string and the 3rd, 5th, 7th and 8th frets  
Have a JAM and swap roles as you go!



# Bass

## How to write a bass line?

You are the backbone of the band - the heart, soul and funk of a song!  
The bass line is what people dance to :)

Music is a type of communication - how can we communicate with the bass lines that we write? Play 'The EMO game' and try to figure out: What does a sad / happy / rude bassline sound like?

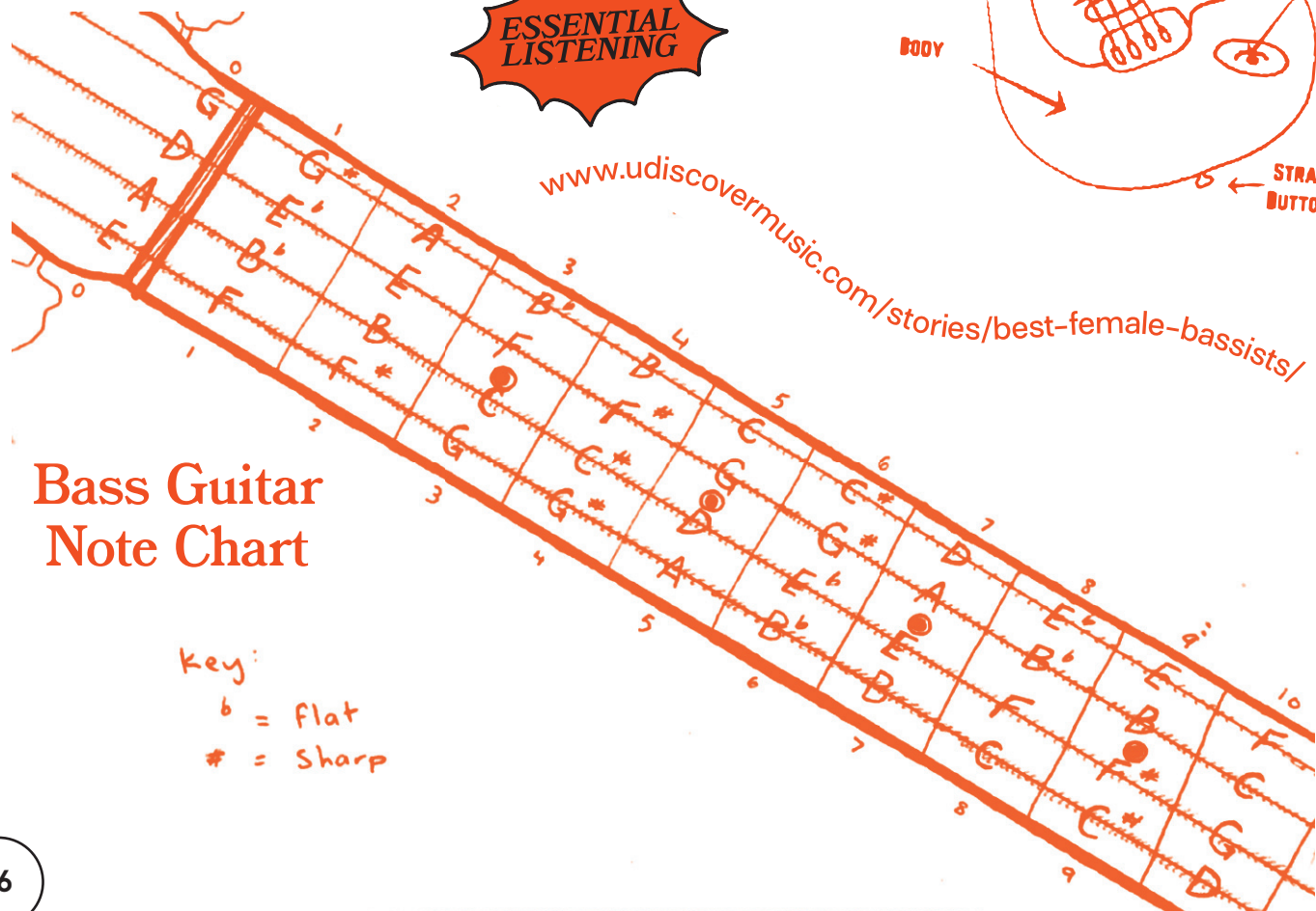
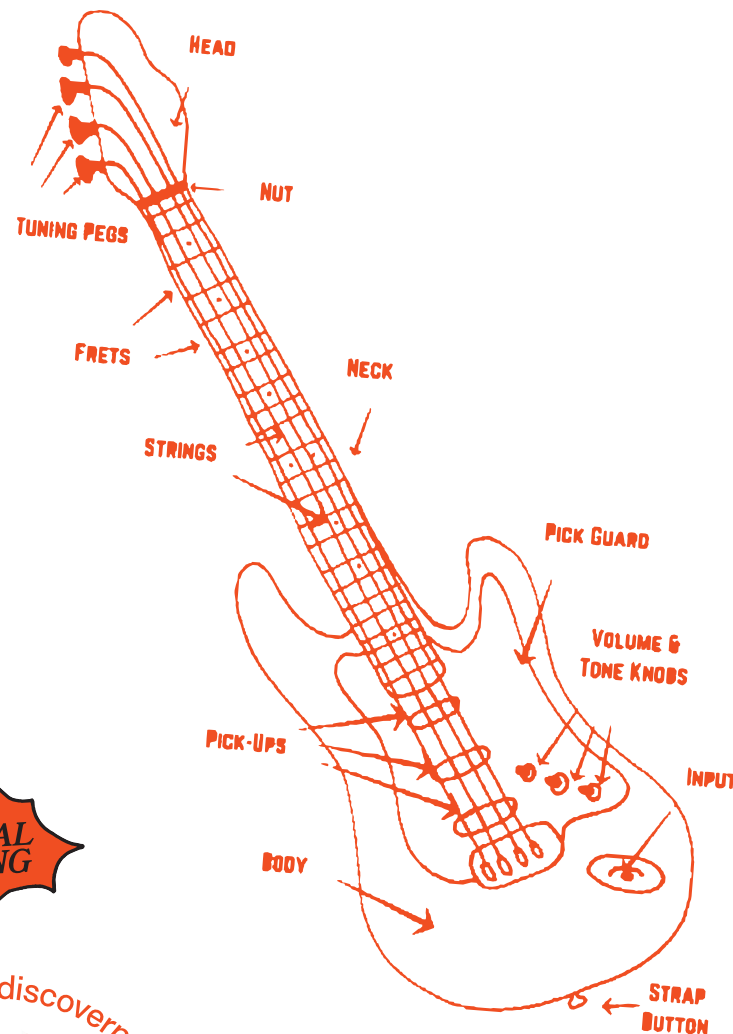
Kim Deal of the Pixies likes to take a minimalistic approach, think about propelling the song forward and resisting the urge to over elaborate.

Coco Chanel famously said to always take one accessory off before you leave the house - can you apply this to writing a bassline?

**Simplifying an idea is sometimes a great idea as part of the creative process.**

Some of the coolest bass lines from the most famous songs are very simple!

- Where is my mind? by The Pixies
- Ocean eyes by Billie Eilish
- Rebel Girl by Bikini Kill
- Smells like Teen Spirit by Nirvana



## Bass Guitar Note Chart

Key:  
b = Flat  
# = Sharp

## Shapes of Arpeggios / Chords on Bass

- bass often "outlines" the chords played on guitar
- Suppose a guitarist plays "X chord" (e.g. C major, A minor) what notes can you play that are guaranteed to sound good with this chord?

① The "root note" is the note the chord is named after, and the most important for the bass player. Find it using your bass guitar note chart.

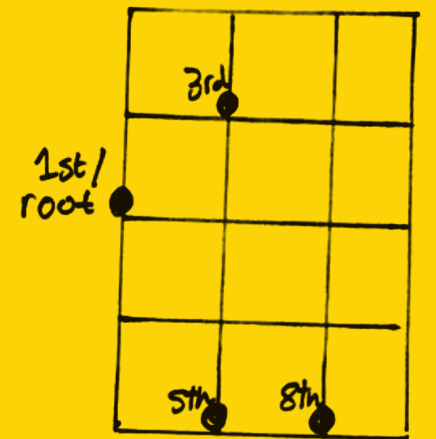
- go 2 strings down, 2 frets towards the body and you'll find the same note but "up an octave", called "the 8th".

② "The 5th" is the second most important note for outlining the chord. Find it by going 1 string down, 2 frets towards the body (from the root note).

③ "The 3rd" is the next most important, and is different for major and minor chords. From the root note:

- major: go 1 string down, 1 fret towards the tuning pegs.
- minor: go 1 string down, 2 frets towards the tuning pegs.

### Major chords



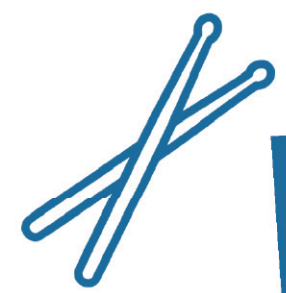
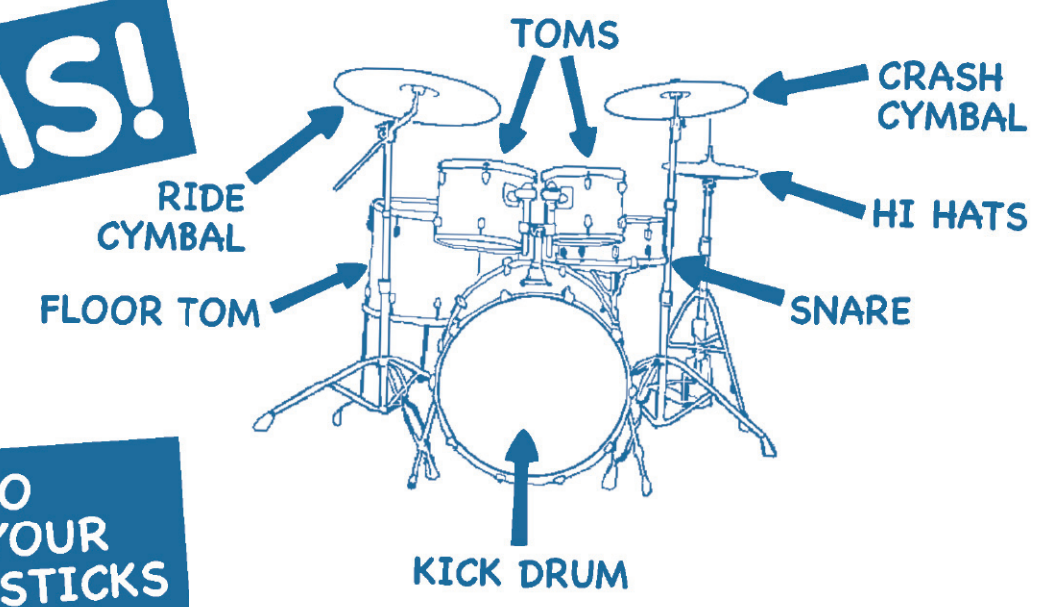
### Minor chords



Disclaimer: rules in music can always be broken :)



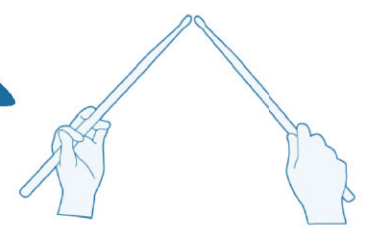
# DRUMS!



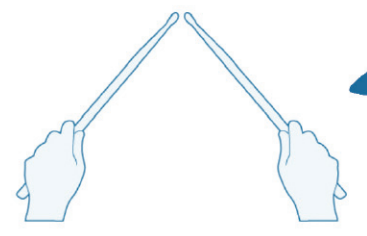
## HOW TO HOLD YOUR DRUM STICKS

The two most commonly used grips are **TRADITIONAL** grip and **MATCH** grip.

### TRADITIONAL



### MATCH



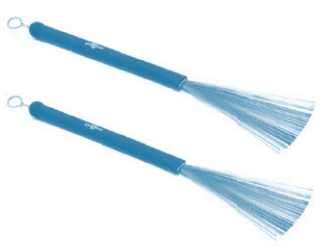
## DIFFERENT TYPES OF DRUM STICKS

There are many different types of drum sticks out there. Drummers use different sticks for certain genres of music or to compliment quieter or louder parts of songs.



### STICKS

Sticks are the most commonly used tool to hit the drums. They come in many different sizes and materials. Heavier sticks are great for punk, rock and metal music while lighter sticks are good for jazz but really it's up to you and what you prefer!



### BRUSHES

Brushes are great for soft effects at low volumes. Often used in jazz, country/folk and latin music. They are GREAT for ballads!



### RODS

Rods were first established for orchestral music but are now a popular choice for the drum kit. They're louder than brushes but quieter than sticks so are perfect for those medium volumes.



### MALLETS

Mallets are great for adding different timbres to your sound. They are awesome for creating cymbal swells too!



**ANIKA NILLES** is a German drummer and composer. She is well known for her educational videos on odd time signatures!

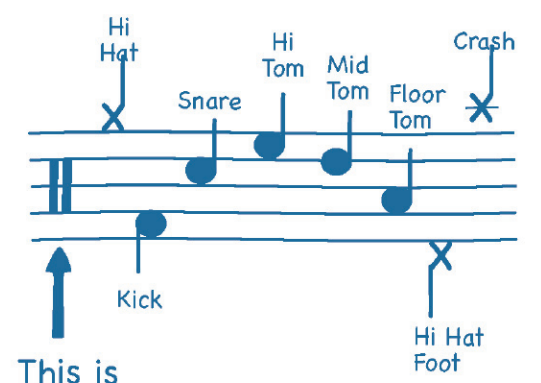


**SARAH JONES** is currently the touring drummer for Harry Styles. She has also played for Hot Chip, Bat for Lashes and Bloc Party!



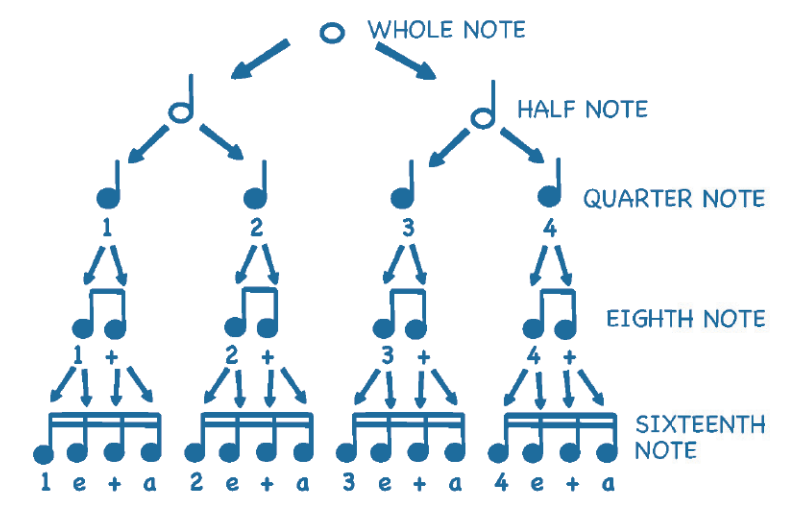
## READING DRUM MUSIC

### NOTATION KEY



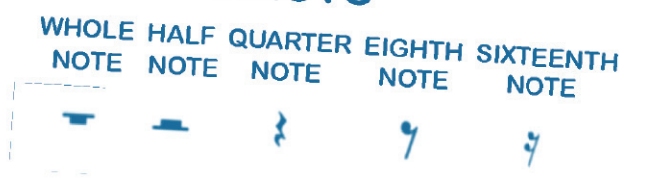
This is a drum clef

### RHYTHM PYRAMID



**SHEILA E.** is an American percussionist and singer. She has performed with Marvin Gaye, Herbie Hancock, Diana Ross, Madonna and Prince!

### RESTS



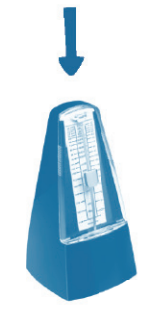
## THE ROLE OF A DRUMMER



**CINDY BLACKMAN** was influenced a lot by Tony Williams early on in her career. She has performed with tonnes of artists such as Lenny Kravitz, Carlos Santana, Pharoah Sanders and Joss Stone!

A large part of drumming is keeping time. This means supporting the rest of the band by playing a steady and consistent beat. A great way to develop a good sense of time is to practise with a metronome.

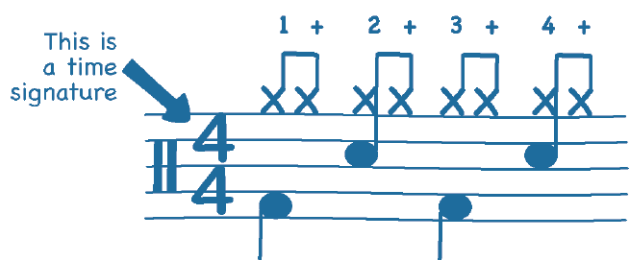
This is an analog metronome. You can also buy digital metronomes or download an app on your phone!



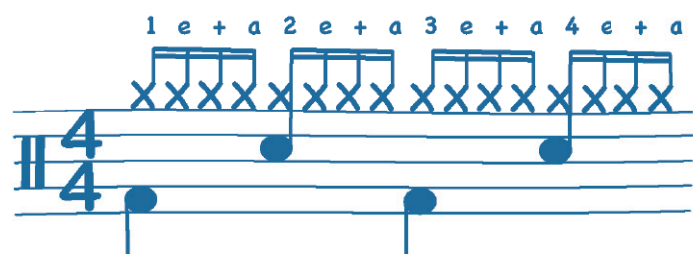


# ROCK BEAT 101

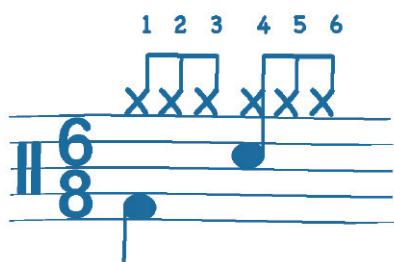
This drumbeat is the foundation of so many rock, pop and funk songs. Try playing the hi hat part on different parts of the drum kit like the crash, ride cymbal or floor tom and see what it sounds like!



## 16TH NOTE HI HAT BEAT



## 6/8 GROOVE



### BOBBYE HALL

was a go to percussionist during the 60's and 70's. She appears on albums by Bill Withers, Stevie Wonder and Marvin Gaye. She has also been on tour with Carole King and Bob Dylan.



**JANET WEISS** is most known for being the drummer for American rock band Sleater Kinney. Sleater Kinney were part of the riot grrrl movement and are a key part of the indie rock scene!



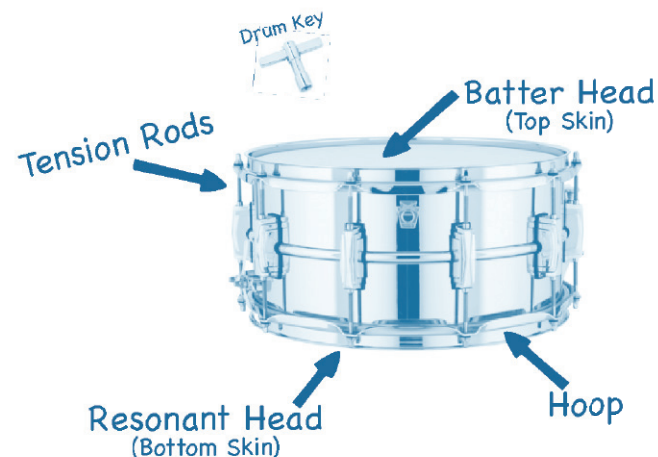
**NIKKI GLASPIE** studied at Berklee and went on to travel the world as the drummer for Beyonce's all woman backup band!

## TIME SIGNATURES

Time signatures tell us how many beats are in a bar. The top number tells us how many beats and the bottom number tells us the value of those beats e.g 4/4 has four quarter notes in a bar and 6/8 has six eighth notes!

## Did you know that you can tune the drums like other instruments?

Drummers use drum keys to loosen or tighten the tension rods on a drum which change the tightness of the skins. This alters the pitch of a drum. There are many ways to tune a drum, some drummers tune their kits to different intervals or chords for a more melodic sound!



# RUDIMENTS

Rudiments are like scales. Drummers practise them to help with stick control, speed and independence. They also come in handy when playing drum fills, grooves and soloing. There are too many rudiments to put on this one page but here are a few essential ones to get you started!

## SINGLE STROKE ROLL

The single stroke roll is a rudiment that is made up of the sticking pattern R L R L. A great way to use the single stroke roll is to play it around the drum kit as a drum fill. Start on the snare then move to the rack toms then floor tom.



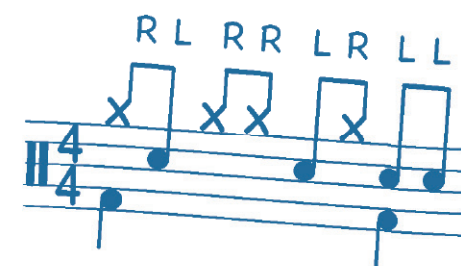
## DOUBLE STROKE ROLL

The double stroke roll is a rudiment that is made up of the sticking pattern R R L L. A cool way to use this as a drum fill is to orchestrate it around the kit too.



## THE PARADIDDLE

The paradiddle is another rudiment based around a sticking pattern. The pattern is R L R R L L L L. The paradiddle is handy for drum fills but is also handy for making grooves! Check out the example below.



**STELLA MOZGAWA** is an Australian drummer. She's most known for playing in the band Warpaint but has also performed with Kurt Vile, Cate Le Bon and Kim Gordon!



**MEG WHITE** was the drummer in The White Stripes. She is known for her minimalist drumming.

### SANDY WEST

was one of the founding members of The Runaways. She was a pioneer in rock drumming during the 70's!



### TERRI LYNE CARRINGTON

is predominately a jazz drummer. She has played with everyone from Dizzy Gillespie and Stan Getz to Herbie Hancock!





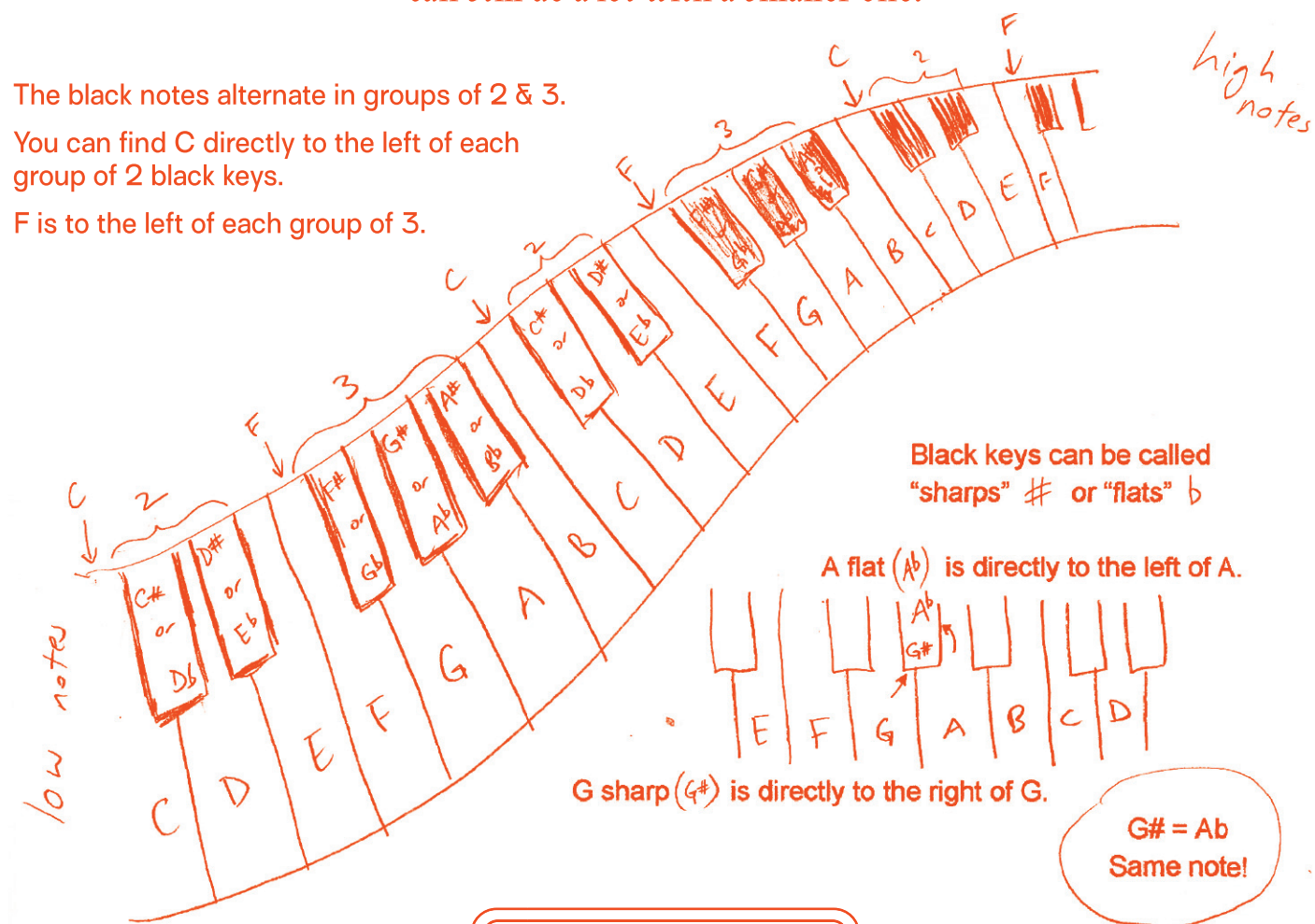
# Keyboard 101

The keyboard is a super versatile instrument that can complement just about any band combo or musical style. A full size keyboard has 88 keys (same as a piano) but you can still do a lot with a smaller one!

The black notes alternate in groups of 2 & 3.

You can find C directly to the left of each group of 2 black keys.

F is to the left of each group of 3.



Black keys can be called "sharps" # or "flats" b

A flat (Ab) is directly to the left of A.

G sharp (G#) is directly to the right of G.

G# = Ab  
Same note!

## CHORDS

A chord is a group of notes played together. You can have any combination or number of notes as you want - here are some to get you started but it's worth experimenting to see what combinations you can come up with!

**C major** = C E G  
**E minor** = E G B  
**A minor** = A C E

**D major** = D F# A  
**A major** = A C# E  
**G minor** = G Bb D

**G7** = G B D F  
**Fmaj7** = F A C E  
**Dmin7** = D F A C

1. The notes CEG in any order, anywhere on the keyboard, will always be C major
2. Chords can be played with all notes sounding at once, or broken up with one note at a time
3. Try to use all available fingers to avoid a "claw" cramp!

## HOW TO PLAY

If you're accompanying yourself or another singer solo, try playing a low bass note with your left hand and chords with your right, eg. for G major LH plays a low G and RH plays GBD somewhere a bit higher.

Add momentum by repeating the chord in a rhythm. Try playing long and sustained, short and choppy, or swapping between the hands.

Explore playing high and low. Maybe the first verse starts in one place on the keyboard then moves for the second?

If you're playing in a band, it is really important to listen and compliment what other people are doing. If there's already bass playing low notes and guitar strumming chords, it might be time to get inventive!

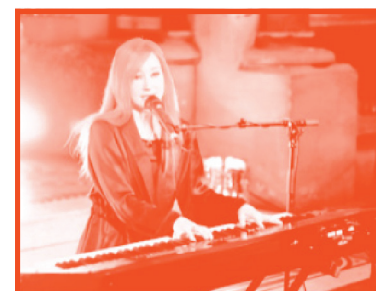


Experiment with different sounds if your keyboard has them, you might get inspired!

Make up a riff to play in the gaps between singing.

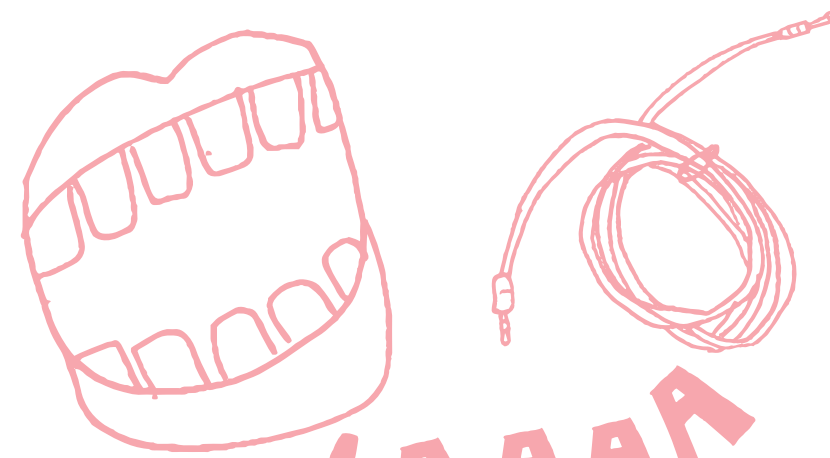
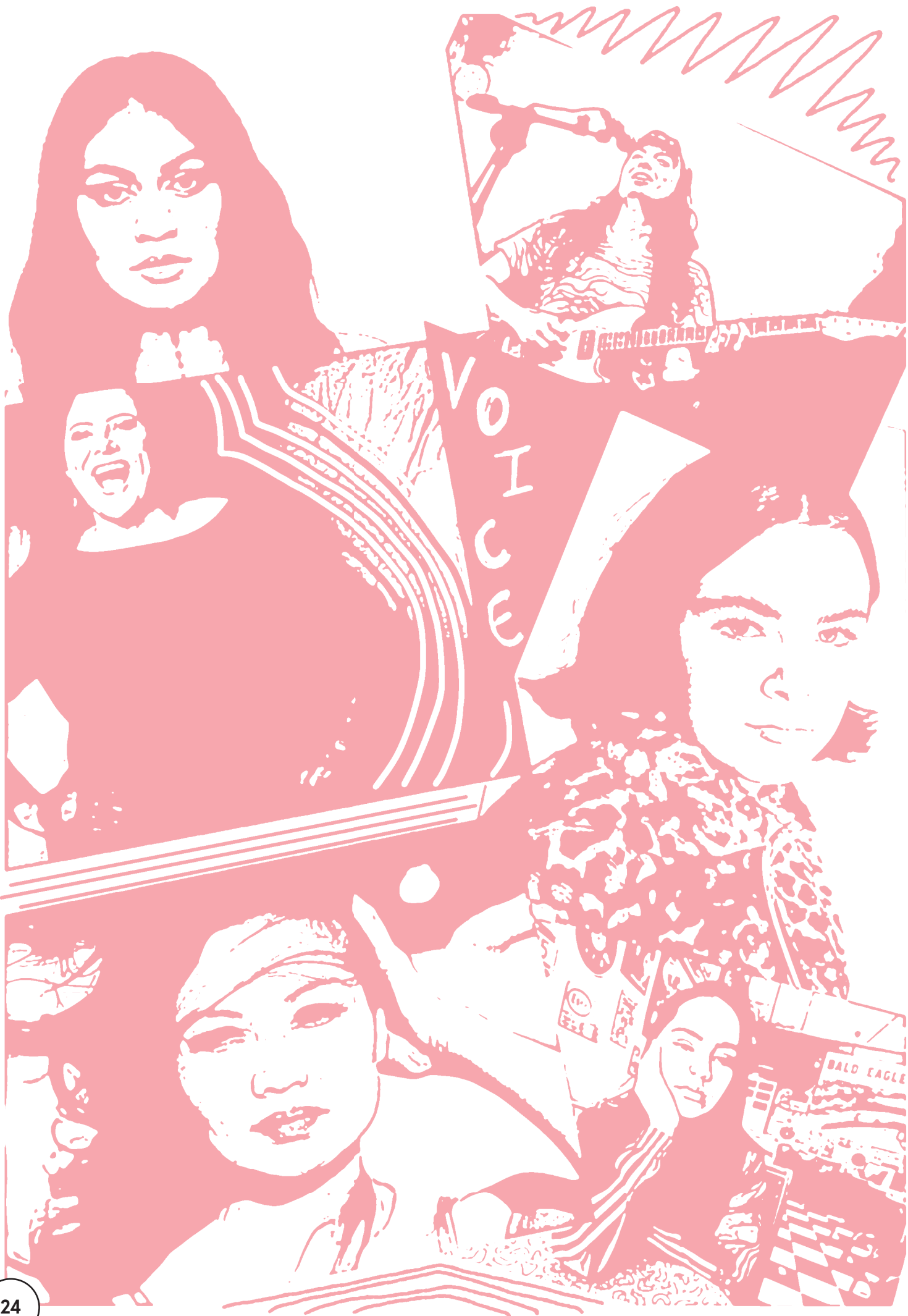
Play the same rhythm or melody as another band member, but higher.

## SOME COOL KEYS PLAYERS TO CHECK OUT



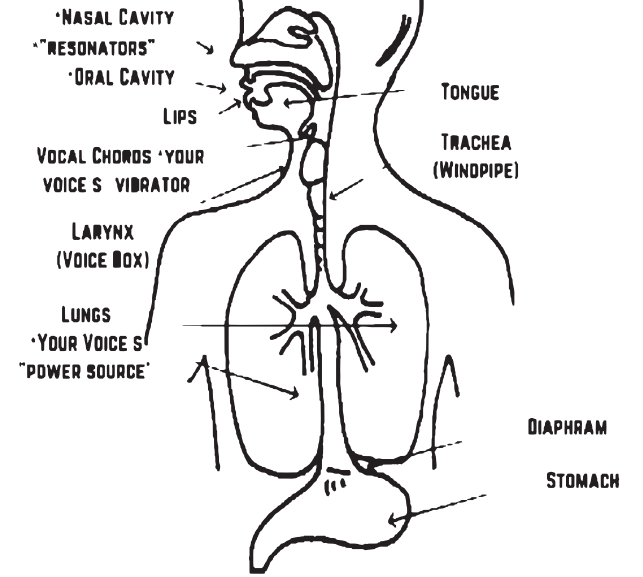
Alicia Keys  
Sara Bareilles  
Aretha Franklin  
Fiona Apple  
Tori Amos  
Vienna Teng  
Norah Jones  
Amanda Palmer  
Regina Spektor





LA LA AAAA  
LA LA OHHH

# Voice



### Every voice is beautiful!

What made you want to start singing? Was it a song, an artist, family, friends or all of the above?

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### Everyone can sing any style they want! There are no rules!

What is it about their voice(s) make them unique? Do they have a loud, soft, husky, scream or smooth voice?

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### How do you want to sound?

Do these artists do anything with their voices that you want to try? If so what is it?

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# Navigating the highs and lows of being in a band

Being in a band is an amazing experience which will likely have you feeling all kinds of emotions (good ones!) It is a collaborative process. Your band mates will have a lot to learn from you and vice versa. There will be easier and harder parts of working together, remember that every person has their own tastes and ideas which can be very different than yours.



## Helpful things to remember when working with others

**~Communication~** Try to have open communication with your bandmates, let them know what you like and enjoy and what you are struggling with, they will want to help!

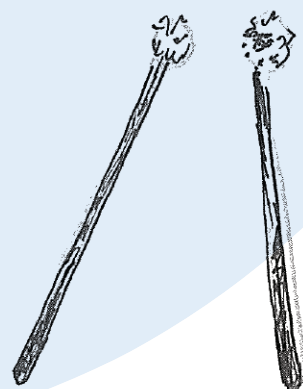
**~Listening~** Take turns listening and offering ideas. It's important that everyone has the chance to share what's on their mind, and to listen carefully to each other's suggestions.

**Be ~open-minded~** You will learn a lot from embracing ideas and trying new things.

**~Compromise~** Sometimes you have to find a middle ground when making decisions, often this can be a really great way to generate new ideas and directions for your music.

**~Positivity~** and **~rest~**  
Stay positive, if you get tired, take a break and make sure to look after your physical and mental health. Remember to celebrate all the good work you have done so far and to keep encouraging yourself and your band mates.

The most important thing is to have fun :)



# YOU the BOSS

Music Management 101



## BE YOUR OWN BOSS!

Self-management can be hugely rewarding & fun too, but if the prospect of handling everything on top of the music seems daunting to you, you're not alone! Here's some tips for ya.

### \*WHAT ARE THE BENEFITS OF SELF-MANAGEMENT?

- **Freedom!** You'll have no one else (other than your bandmates) to answer to, which is important when you're getting started. If you're handling the admin side of things yourself, chances are you'll get a good understanding of the industry and form direct connections with contacts in the biz.
- **Control!** Self-management is good for people who like to be in control of their entire vision - from the gigs you play and the bands that support you to the album artwork, music, videos and merch. Depending on how experienced you are, you can even draft your own contracts, manage your finances and negotiate performance fees.

FURTHER READING: "BE YOUR OWN MANAGER" a four-part guide on SheShreds.com

## OR... GET A MANAGER!

Finding a manager can allow you to focus your energy on the music and will ideally further your career in ways you couldn't do alone. Keep in mind a manager will usually take a percentage of all your total income, which can range anywhere between 10-25%. So if you're just starting out, your manager will have to work super hard to make sure it's worth their time. That's why it's important to find someone who really believes in you and your music.

## HOW DO I FIND THE RIGHT MANAGER?

P.S. Do these things even if you're not looking 4 a manager :)

★ PUT THE WORD OUT TO YOUR MUSIC COMMUNITY. APPROACH VENUE MANAGERS, YOUR INSTRUMENT TEACHER, EVEN A FRIEND WHO WORKS AT A RECORD STORE.

★ ATTEND INDUSTRY EVENTS. A LOT OF INDUSTRY ORGANISATIONS PRESENT FREE WORKSHOPS, TALKS + SEMINARS. FOLLOW THEM ONLINE FOR UPDATES.

★ GO TO GIGS! YOU NEVER KNOW WHO YOU MIGHT MEET.

★ RESEARCH WHO MANAGES BANDS SIMILAR TO YOURS.



# DIY BAND T-SHIRTS

## USING STENCIL ART

A stencil is a template that allows you to transfer an image onto a surface.

In this workshop we will learn how to create a stencil that can be reused to make t-shirts, and to customise just about any surface you can think of!

### WHAT YOU'LL NEED TO GET STARTED

- Pencil or marker
- Card / cardboard
- Craft knife / scissors
- Cutting board or thick cardboard or old magazine
- Girls Rock! T-shirt
- Fabric paint
- Low-tack painters tape
- Stencil brush, foam brush or paint brush
- Iron or hair dryer

## Tips

- Keep in mind that the white areas will have to connect with what we call 'bridges.' Otherwise, when the stencil is cut, the unconnected areas, or 'islands' will fall out. Bridges are what hold the stencil together. A simple example of this is the letter O. If you were to cut out your letter O to make a stencil, you would also cut away the island. To fix this, you have to create a bridge to the island in the centre of the O. (see diagram)

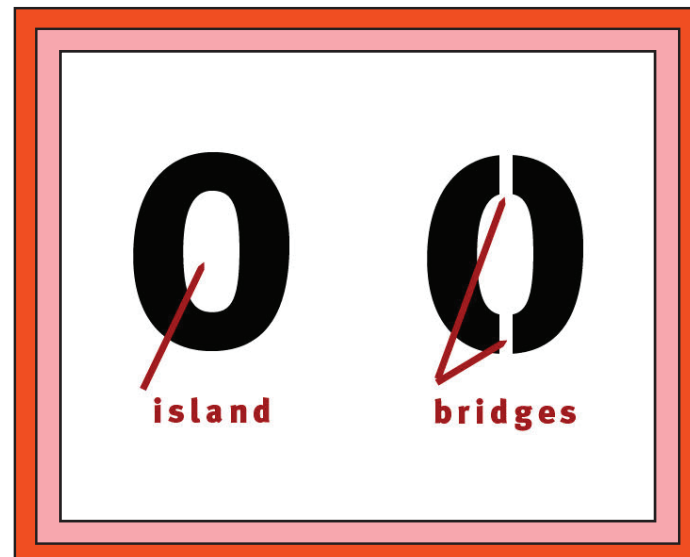
- When cutting out your stencil template the sharper your blade the easier the job. Make sure to have a cutting board underneath so you don't end up stencilling your kitchen table accidentally!

- Avoid bleeding (paint that seeps underneath the stencil), by using less paint and building up layers with 2 or 3 coats. This also stops the stencil getting too wet and becoming flimsy and weak.

- For sharper edges use a spray adhesive to temporarily secure your stencil to the t-shirt.

- To extend the life of your stencil, wipe excess paint from the stencil after use - especially along the edges.

- Want to stencil more but don't have the time to make your own templates? There are many websites that sell ready-made templates online ([www.stencil.com](http://www.stencil.com) is great!). You can also find many free printable templates by typing the object you wish to create a template for + 'stencil' or 'silhouette' in google images. For example 'guitar stencil' or 'cat silhouette.'



DATUM/DATE

Songwriting Template by Repulsive Woman ☺

- ① Hold one note on your instrument at the beginning of your song - try palm muting on the guitar. - let the vocal melody do the work before bringing in variation.
- ② After all the tension you've built in your first verse go big in the chorus with some powerful strumming or open sounding chords. For ex. take a G chord shape and try playing it somewhere further up the fretboard
- ③ Try using the words "dusk," "meadow," "moon," and "dissolved" somewhere in the song.
- ④ Your opening line "I said I'd be there..." fill in as you wish. This will also be your closing line but should end explaining why you will/won't be there.
- ⑤ You can have as many verses/choruses as you like (even a bridge!) but end at a verse (to get in that closing line - it can just be that line, if you like). Before the end, repeat the chorus at least twice and go wild - make some noise, show some feeling.
- ⑥ On the final line bring it right down. Palm mute, play softly etc. Slow down, give a lush vocal delivery, let it rest.

91





FAZER DAZE



JESS B



ANIKA MOA



GRACE JONES



M.I.A



LORDE



MEG WHITE





# Song Dynamics with Geneva!

Use the letters from your name to play with dynamics.  
Or use someone else's name like a friend or a pet!



- A Sing monotone*
- B Scream Second Line*
- C Say words in Reverse Order*
- D Repeat second word three times*
- E Replace second word with something of your choice*
- F Sing in your lowest range*
- G Sing loud*
- H Each vowel is a different note*
- I Each vowel is replaced with the letter 'a'*
- J Hiss between each word*
- K Sing while pretending to cry*
- L Yell the whole line*
- M Sing with mouth closed*
- N Translate it into another language (if you don't know one, ask a friend? idk)*
- O Only pronounce the consonants*
- P Clap twice after your line*
- Q Put the last word first*
- R Alphabetically order the words*
- S Sing facing away from the rest of the group*
- T whisper the whole line*
- U Allow two beats between each word*
- V Say it the fastest that you can*
- W Get the Group to echo each word*
- X Say the whole line together*
- Y Interpret the song as if you are a lizard who pronounces everything with a 'z' sounding lisp*
- Z Say it however you see fit*



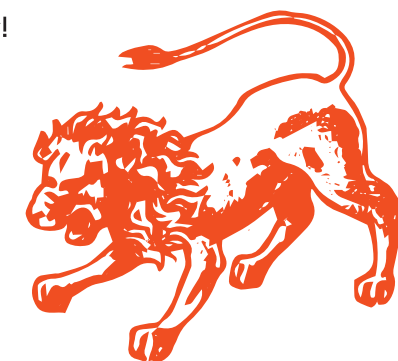
# Lyrics Ideas (with Geneva too!)

Each band member combines their birth day with their birth month to make a sentence.



## Birth Month

- Jan** Hey You!
- Feb** Haaaaaaaaaaaaay.
- March** What now?
- April** My Phone is out of battery!
- May** Where did it go?
- June** If not now, When?
- July** Show me!
- Aug** I've got it!
- Sep** Good Bye!
- Oct** I'm here!
- Nov** Frankly, I don't care.
- Dec** Look Harder!



## Birth Day

- 01** Fight!
- 02** Dance!
- 03** Look Away!
- 04** Give me my money!
- 05** I will find a way!
- 06** The Brightest Light Casts the Darkest Shadow.
- 07** I can smell fear.
- 08** Respect my authority!
- 09** Enough!
- 10** Slow and Steady wins the race!
- 11** You have to work for it!
- 12** It's what's inside that counts.
- 13** I love animals more than humans.
- 14** I'll bet on it!
- 15** Peace, Love and Harmony!
- 16** You make the Rules! I Break Them!
- 17** Would you like a Sandwich or a Burrito?
- 18** I can't stand anchovies.
- 19** Magic is everywhere!
- 20** You cannot complain.
- 21** Lies! Lies! Lies!
- 22** It's never going to work!
- 23** I found your secret monkey and it was eating all the chocolate frogs.
- 24** Don't you dare.
- 25** Stand Strong, eat your vegetables.
- 26** Clap!
- 27** Friends are the best!
- 28** I love you!
- 29** I stole your heart!
- 30** I seek vengeance!
- 31** I am not available.





Kia ora Campers!

Thanks so much for coming to my workshop, I'm sure that it's been lovely to meet you. I've been so excited about camp and would have loved to have taken part in something like this during my teens.

I wanted to use this space to talk to you about the idea of whakapapa within music and sound.

Whakapapa is most often thought of as genealogy; or who your parents were and who their parents were and so on and so on... further and further back through time. But we can also think of it as the people, influences and places that things have come from, or exist because of.

Everything has a whakapapa, both physical things that you can see, and abstract things that you can't see, like music. You can see this within your own music! The way you play will be influenced by, and come from, the things you like and have listened to.

Your musical whakapapa can be varied, just like people are. We each are the sum of thousands and thousands of different people in time. Our musical whakapapa is the same, but with thousands and thousands of sounds.

So you may be a White Stripes fan, when people listen to you they might hear that in the sounds you make. The White Stripes were influenced by an African American blues musician named Son House who was born in 1902. So of course, he becomes part of your whakapapa of sound also, and the people and events who influenced his music and were part of what he absorbed as a musician and human being become a part of your whakapapa of sound too.

Just like in your genealogical whakapapa... even if you don't know your whakapapa, your whakapapa knows you and it can be heard, seen and felt through you.

It's good to think deeply about whakapapa and where your playing sits within it. It's important too because it can show you how much your music has benefitted and been shaped by history and people who you may not realize are pou (or supports) of the whakapapa of music, like Son House, or some classical composers, or some indigenous song writers and thinkers and the events that have shaped them.

And one day, I'm sure that if you want to, you will be out there adding to the whakapapa of sound and new musicians will become the next generation in your musical whakapapa, with all your musical whakapapa to support them as they go.

Arohanui,

*Ruby XXX*

• The music they come from

• The music I come from

• Me

• The music they come from

• The music I come from

WRITE A SONG WITH

# Fruit Juice Parade

(intermediate to advanced level)



### Hello!

You are going to finish a song for us.

We've given you a few lyrics to work with or be inspired by. This template will focus on guitar and drums, but you are welcome to use any instrument with the lyrics and song structure.

If you're playing guitar, try using this tuning: **D A D F# A D**

Don't think too hard about the chord shapes you already know. See what you can play with one or two fingers that sounds good to you. The exciting thing about new tunings is that you are completely free to experiment.

### Chords

Find four chords you like that you can use for the verses. In the chorus, use two of those same chords but figure out another two.

### Drums

Think about limiting yourself to a smaller kit e.g cymbals, floor tom, snare, kick drum. You don't have to use the whole kit to write cool beats.

### Lyrics

The lockdown was a strange time for everyone! How did you find it? What did you observe in your neighbourhood? Try to brainstorm some imagery from around you. The first verse is pretty wordy but that doesn't mean the rest of the song has to be. It might be cool to have shorter lines to balance out the long lines we've given you. The rhyming doesn't have to be perfect! If you look at the chorus, we've rhymed "rope" with "all".

### Verse 1

The sky is the same colour as the streets  
The mountains they move without me  
Moving to the river to raise a wolf family  
Near that blue river I'll think about many things

### Verse 1

(Your turn! Try to include some more "wolf" things or some more imagery from around you!)

### Chorus

My insides are full of swimming fish and rope  
Still, the wolves stick by me through it all  
(Write one or two of your own lines. You can repeat them to make it catchy.)

### Instrumental

Try to use a cool riff here! A riff is a chance to be melodic with your guitar. If you're stuck, pick 4 notes on one string and use them for your riff. You can still strum the other strings because it's an open tuning! Anything will sound good!

### Verse? Chorus?

(You can either write another verse, or go back to the chorus now!)

### Outro

(Maybe you want to use the riff from the instrumental? Or you want to use the chords from the chorus? To finish, you can play anything you like!)



# HOW TO MAKE YOUR OWN FANZINE

## CHOOSING YOUR VIBE

Are you a rocker, punk, rap god?  
The really cool thing about zines is there are no rules!

YOU COULD BE A COMBO OF LOTS OF THINGS! GO WILD WITH YOUR IDEAS!

YOUR ZINE SHOULD REPRESENT YOUR AESTHETIC AND PERSONALITY!

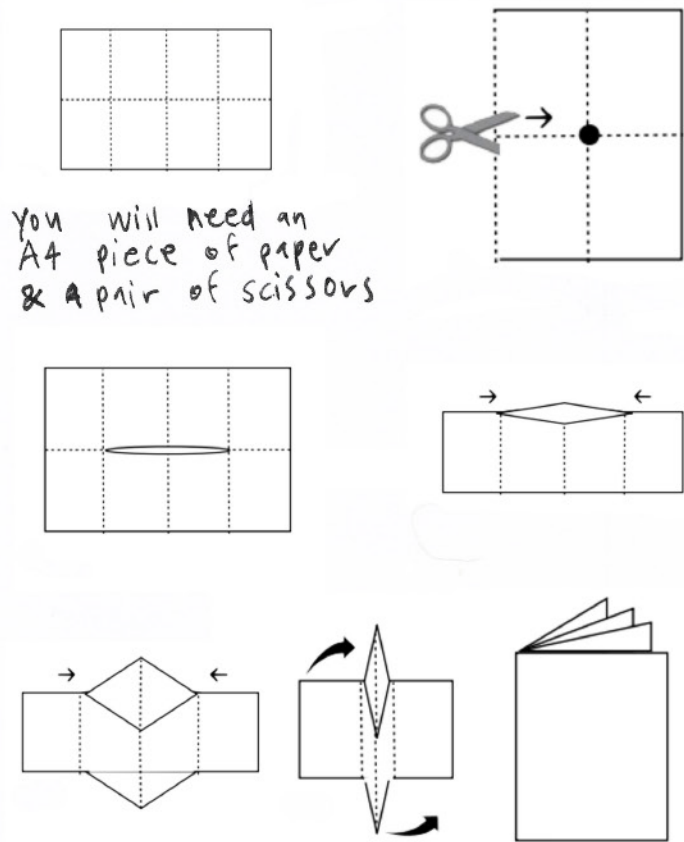
## CONSTRUCTION

A really common zine style is the **MINIZINE**.

OR YOU CAN JUST FOLD A FEW PAGES OF A4 PAPER IN HALF & STAPLE OR STITCH THEM TOGETHER.

## THINGS YOU MIGHT NEED:

- \* PAPER
- \* SCISSORS
- \* GLUE
- \* PENS + PENCILS
- \* MAGAZINES, NEWSPAPERS OR PRINTED PICTURES YOU CAN CUT UP
- \* STAPLER OR A NEEDLE & THREAD
- \* SOME COOL AS IDEAS!



You will need an A4 piece of paper & a pair of scissors

# CONTENT

THIS IS WHAT YOU WANT TO PUT IN YOUR ZINE.

you could start off with an intro page

WRITE YOUR STAGE NAME & SOME COOL FACTS ABOUT YOURSELF.

- \* MY FAVOURITE MOVIE IS...
- \* I PLAY GUITAR/PIANO/SING...
- \* I REALLY LOVE LISTENING TO...

I LOVE DANCING & MY PET DOG



LOTS OF ZINE MAKERS USE **COLLAGE** TO EXPRESS THEIR **STYLE**.

You could make a collage or mood board of people & things that inspire you musically.

OR JUST MAKE SOME CRAZY ART!

WRITE DOWN YOUR SONG LYRICS, DRAW A COMIC - THE WORLD YOUR OYSTER.

I'M GONNA DRAW MY DREAM GUITAR

FIND WRITE ABOUT MY FAVOURITE BAND

HAVE FUN!





# Write a song with Mermaidens!



Song structure

This song structure is just a guide. Feel free to rearrange it to suit your own song, and add or remove sections where suits.

- Verse One
- Chorus
- Verse Two
- Chorus
- Bridge
- Chorus

Song name

Find a book. It could be a novel, a kids picture book, the dictionary, anything.

Close your eyes and flick through the pages, stop at a random page and point your finger somewhere on the page. The word you land on is the name of your song!



Verse One

**Lyrics**

Set a timer for 5 minutes and write continuously (stream of consciousness style) about the word that is your song title. Try to let your mind go and resist the urge to stop and think about what you're writing. Once you're done, underline sentences and words you like. It might all be nonsense, and that's okay! Take the parts you liked, and turn them into 4 lines that will form verse #1.

**Music**

Write a melody using the lyrics you wrote to the following chords:

**1st line**

Em | G | Am | (you choose the chord) |

**2nd line:**

G | (you choose the chord) | Am | C |

Repeat the chords above for the 3rd and 4th lines.

**Chorus**

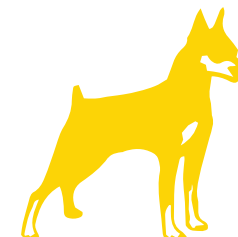
**Lyrics**

Pick out a poetic form (for example, haiku) and write your chorus lyrics using that form.

**Music**

There will be 2 chords in the chorus. Your first chord is the 4th chord from the 1st line of verse one (the chord you chose). The second chord of the chorus is up to you.

Now the chorus will be the most ENERGETIC part of your song. So if you're on a guitar, you could try a faster strum. If you're playing the piano, you could try playing the chords staccato to change the vibe.



Verse Two

**Lyrics**

Take the lyrics from your first verse, and write from the other person/things perspective. For example, if verse one was you singing about your dog, now you're going to write 4 lines from the dog's perspective. If you didn't write about something tangible (like, maybe you wrote about how you felt in a certain time/place) you could choose to write from the perspective of an inanimate object observing the scene! What would your drink bottle say?

**Music**

Use the same chords from verse one, but rearrange the vocal melody so that it's a development from the first verse. For example, instead of going down in pitch at the end of a line, go up.

**Bridge**

**Lyrics**

Fill in the gaps below

I'm \_\_\_\_\_ (verb) \_\_\_\_\_ at the \_\_\_\_\_ (noun) \_\_\_\_\_

Waiting for \_\_\_\_\_ (your words) \_\_\_\_\_

Tell me \_\_\_\_\_ (your words) \_\_\_\_\_

\_\_\_\_\_ (your words) \_\_\_\_\_ everytime.

**Music**

For the melody, take a piece of paper and draw a line. It might be a loopy, swirly line, or an erratic, jagged line with lots of peaks and troughs. Use this as a guide to create your vocal melody for the bridge.

Choose your own chords for the bridge.

That's it! You wrote a thing. Remember this template is just a guide. Don't worry if you strayed away completely from the prompts.



# carb on carb

WRITE WITH ME!  
SONG STARTERS

SONG STRUCTURES  
PICK ONE STRUCTURE

INTRO  
VERSE  
CHORUS  
VERSE  
BRIDGE  
CHORUS x2

VERSE  
REFRAIN  
VERSE  
REFRAIN  
BRIDGE  
REFRAIN

VERSE 1  
VERSE 2  
PRECHORUS  
CHORUS  
BRIDGE  
PRECHORUS  
CHORUS

CHORUS  
VERSE  
PRECHORUS  
CHORUS  
VERSE  
PRECHORUS  
CHORUS

PICK A TOPIC

DOGS SUMMER COFFEE SUN EXPECTATIONS  
AIRPORT GRANDMA WORKING  
OVERCOMPENSATING LISTENING FRIENDS AUCKLAND  
STARS CAPITALISM NATURE  
TRAVELLING LAUGHING DRIVING NEW ZEALAND PARENTS  
FROST INTERNET ROAD TRIP HARD TIMES  
GROWING UP HOME LEARNING FEMINISM WEATHER  
FOOD BEACH FAMILY HOPE LOVE

PICK THE INSTRUMENTS



WRITE AWAY!

# carb on carb

WRITE WITH ME!

~~~~~ = FILL IN CHORDS  
\_\_\_\_\_ = FILL IN LYRICS

VERSE 1 =

A ~~~~~ G  
{ USED TO BE \_\_\_\_\_

A G D G G  
{ \_\_\_\_\_ ABOVE IT \_\_\_\_\_

A ~~~~~ G  
{ FRESH EYES ON \_\_\_\_\_

A ~~~~~ D  
{ PRACTISING CONFIDENCE WITH \_\_\_\_\_

CHORUS =

A ~~~~~ F# G  
{ BE YOUR OWN \_\_\_\_\_ DON'T FORGET  
A C# F# G  
{ STAYING TRUE TO \_\_\_\_\_

VERSE 2 =

- SAME CHORDS AS VERSE 1  
- KEY WORDS TO USE = SHARE REFLECT ENCOURAGE EASY

CHORUS x 2



# WHAT IS DIY?

Connecting with your local community to...

- ★ Put on shows
- ★ Create merch and album artwork
- ★ Marketing - spreading the word about your band
  - ★ Record your music
- ★ Tour around the world playing music

DIY is about exchanging skills in a way that benefits everyone. It is about sharing knowledge and resources with your peers to foster your community!



★ Do you have a friend at school who is super creative and can draw? Ask them if they want to collaborate with you by designing some merch!

★ Ask your photographer friend to shoot your band photo or live gig!

★ Do you have a music teacher who can help you record your music? Talk to them about playing at your school too!

★ Ask your friends if they want to make a music video with you!

★ Make friends from programmes like Ignite, Rockquest, The Rock Academy, Vic Uni Young Musicians programme and Girls Rock to build your network.

★ Head to your local art gallery, community centre or hall, record store, cafe and all ages venues to see if they can book you to play!



## Promotion

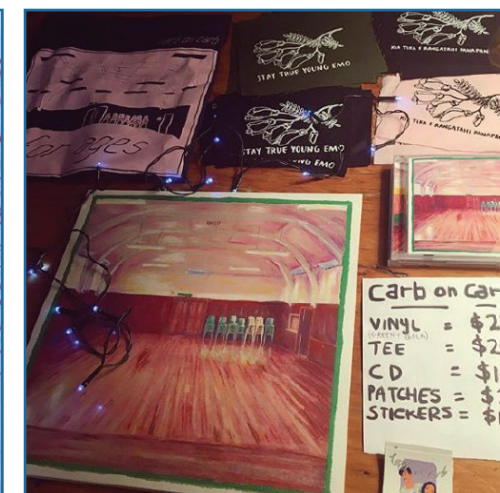
Before you spend money, make the most of these channels:

- ★ Get on Instagram / youtube / artist facebook page live streaming / soundcloud / bandcamp
- ★ Facebook events: make a facebook event for the show/tour! Invite all your friends in that town and make sure you ask the support bands to do the same.
- ★ Student Radio Network: All student radio network stations in NZ will let you have an interview for free. When you release a new track or announce the tour, email each SRN station a download, a bit of info about yourselves and ask if you could arrange an interview - either in person or on the phone.

## Merch & Design

Merch is not only super fun, it's also a great way to make some CASH! Get creative! The more unique the idea, better!

- |            |                |             |
|------------|----------------|-------------|
| ★ Posters  | ★ Tapes        | ★ Vinyl     |
| ★ T-shirts | ★ CDS          | ★ Socks     |
| ★ Patches  | ★ Guitar picks | ★ Key rings |
| ★ Stickers | ★ Hats         | ★ Postcards |





# RELEASING YOUR MUSIC

SOME NITTY-GRITTY KNOW-HOW

## Releasing Your Music

With the explosion of streaming services, there's so many opportunities for releasing your music on a GLOBAL SCALE. But before you release your new bangers, it's worth making a release plan.

## How do I get my music on Streaming Services? *(Spotify, Apple Music, Pandora, Tidal etc. etc.)*

You will need to get a digital distributor. They are essentially a middleman between the artist and the streaming platform. There are plenty of digital distribution services out there that will do this for a small fee. We recommend New Zealand owned company DRM NZ.

## Build an EPK

An electronic press kit (EPK) is simply a collection of assets that you will send to people to help them understand what you & your music is about. It's a really important thing to have as it makes pitching your music to radio stations and music websites easier. If you want to be super pro, you could collate all of this info into a single .pdf document, but a google drive folder will do fine too. An EPK should include:

- Photos *(landscape press shots and a few live photos)*
- Band Bio
- Press highlights *(reviews and/or quotes from media related to your music)*
- Social Media links

## Social Media is your best friend!

Create accounts for your band and watch those followers grow and grow! This is seriously one of the best and most easily accessible ways to let the world know about your new release.

## Radio is also your friend

The Student Radio Network is a collective of volunteer-driven community music radio stations. They are 95bFM, Radio Control 99.4FM, RadioActive 88.6FM, RDU 98.5FM, and Radio One 91FM. The student radio stations play between 40% and 50% New Zealand music content and also have specialized local music content features. Give these stations a heads up before you release your music - two weeks out would be ideal. Remember to ask for additional opportunities to promote the release, such as an interview or live on air performance.

## Submit to NewTracks

NewTracks is a monthly compilation of new releases by New Zealand artists selected by

NZ On Air. This gets sent to broadcast media outlets (hello, radio!) and hopefully your tune will be played on the radio for all to hear.

Go to [Newtracks.co.nz](http://Newtracks.co.nz)

## Industry Organisations

### APRA AMCOS

If you have written, performed or recorded a work that you wrote or co-wrote, become a member of APRA AMCOS. Songwriters, composers and music publishers can assign their performing and reproduction rights to APRA AMCOS. APRA AMCOS then licenses those works and collects royalties (cash money) on your behalf every time the work is reproduced or performed live, or a recording of it is played in public, reproduced, broadcast or communicated in New Zealand or overseas.

### NZ on Air

NZ On Air is an independent New Zealand broadcast funding agency. In the music sector, NZ On Air offers contestable funding and co-invests with artists and their music companies in the creation of new sound recordings: single songs and multisong projects and music videos.

### Creative New Zealand

Creative New Zealand encourages, promotes and supports the arts in New Zealand. We offer financial support for emerging and established artists, art practitioners, groups and organisations.

### NZ Music Commission

NZMC is a government-funded organisation that promotes music from New Zealand and supports the growth of New Zealand music businesses. The Music Commission is behind the nationwide NZ Music Month promotion, delivers contemporary music programmes in schools, including the Musicians Mentoring in Schools Programme; provides music upskilling tools, resources and the Industry Internship programme nationwide; and runs the international market development & trade show programme Outward Sound; and represents New Zealand music at offshore trade events.

Music Managers Forum  
Te Māngai Pāho  
Independent Music NZ

## Resources

[NewTracks.co.nz](http://NewTracks.co.nz)

# Make A Gig Poster



Fun pic of the band

Cool drawings



TOOLS FOR DESIGN

Make it by hand using drawings / writing / collage

Taking photos

Photocopier / Scanner

Adobe Photoshop / InDesign or Preview, Luminar, GIMP, Affinity Publisher



**BAND NAME**  
SUPPORT BANDS

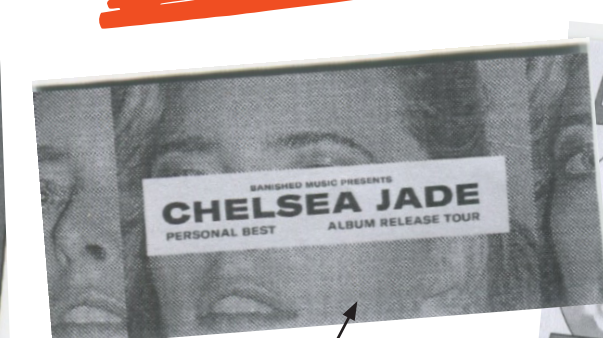
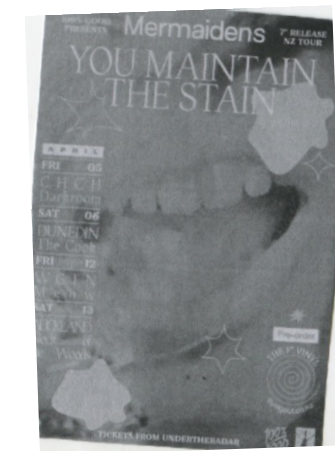
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COOL ART  
OR  
PHOTO OF THE  
BAND

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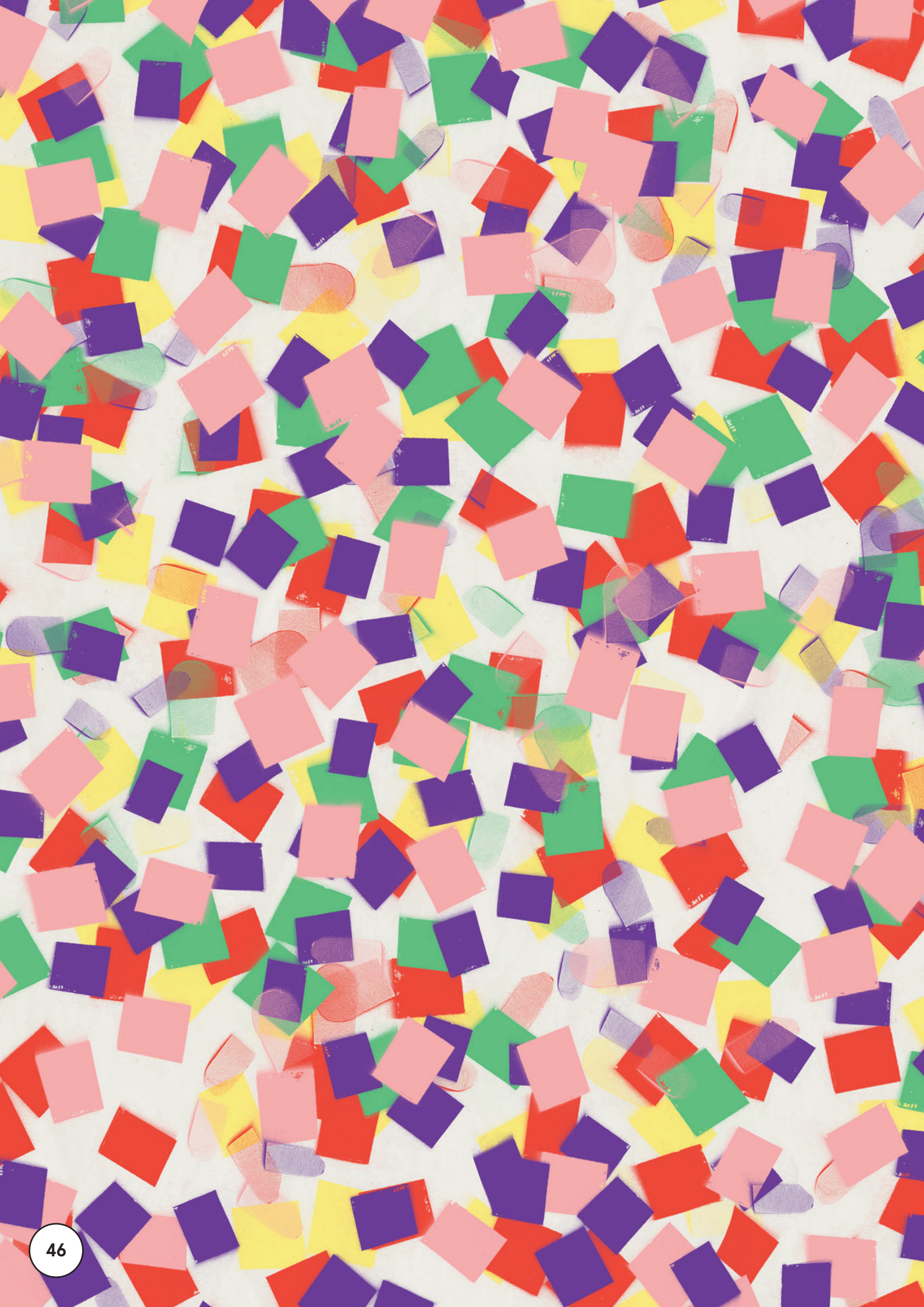
LOCATION  
DATES

Where to buy tickets    Start time    Any logos



Could it just be for the internet?  
Think about quick, fun ways to make digital posters for Facebook banners and Instagram posts.





THE LAST GR8  
 WORK OF <sup>he</sup>ART  
 IS U

IF U R ANXIOUS...  
 REMEMBER:  
 THAT WARM  
 NZ RĀ ON  
 UR FACE,  
 THE BEST EPOF  
 YOUR FAVOURITE  
 CARTOON-  
 DON'T B AFRAID 2  
 SHARE WHAT U NEED...

I BELIEVE IN YOU

KSTIRO  
 '20

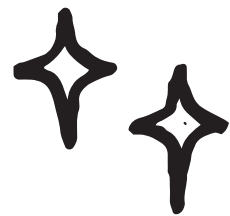
A GREAT  
 PERFORMANCE  
 IS THE BALANCED  
 EQ OF  
 VULNERABILITY,  
 COURAGE, FOCUS,  
 SPONTANEITY  
 &  
 FUN-  
 U GOT IT ALL B  
 I'M PROVD OF  
 U  
 XO ANA ☺





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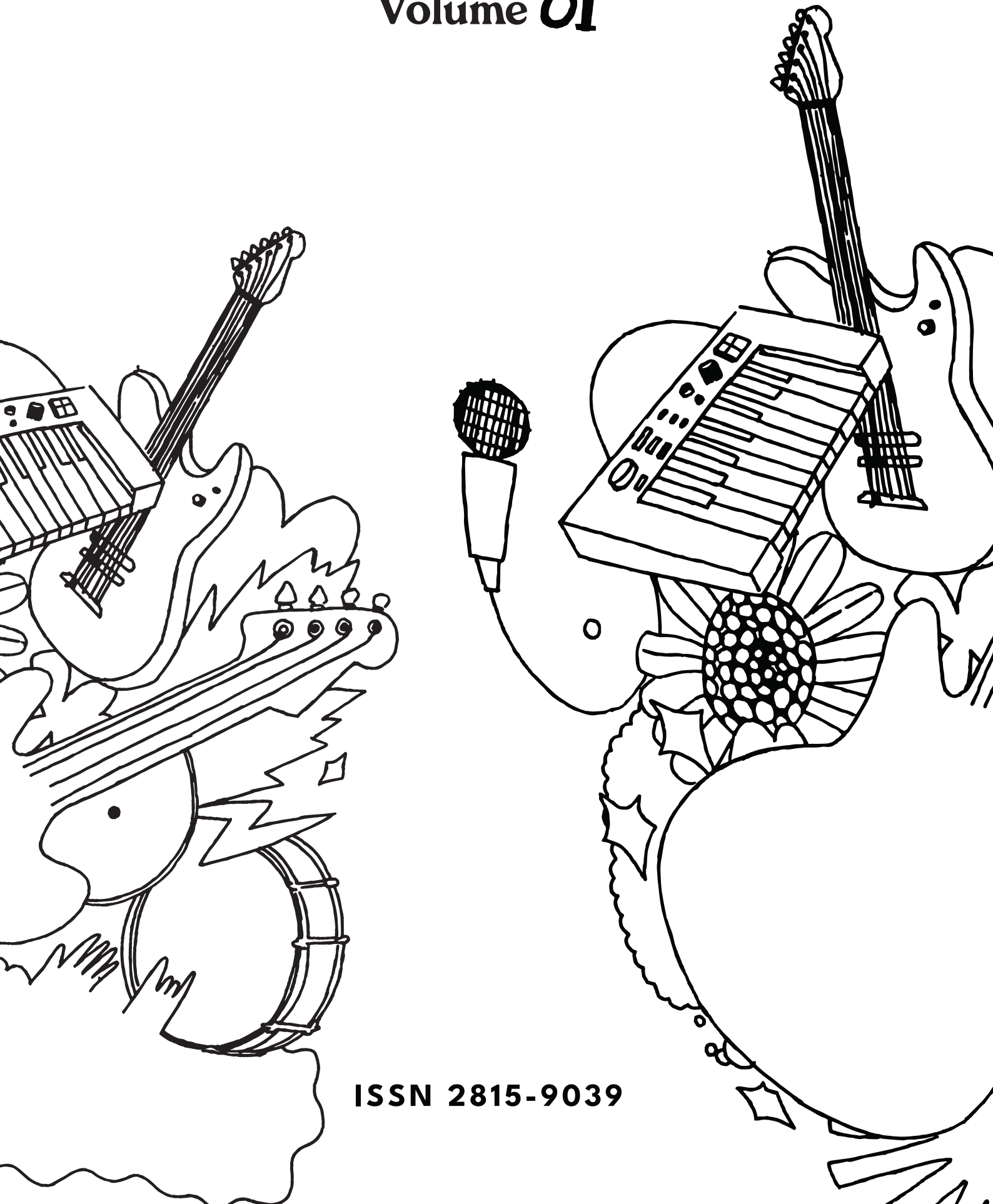
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# ACTIVITY BOOK

## Volume 01



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