

Activity Songs for Voices and/or Instruments

Jim Acchold

for People who work in
20th Century America

ALL REPEATS AD LIB. MEASURES IN ANY ORDER

I. Cooking

Steadily - all in same tempo

go and buy the food and take it home

short rest optional after each phrase

put it in the re-friger-a-tor un-less you need it now

in repeats

chop chop chop chop chop

and bland and knead and put it in a pan

Bake or broil or sau-tée Steam and boil

(All end singing This last section over & over in canon)

serve it to the ones you love That they may live

II Exercising

should be done while performing
movements described in the words.
and when people get tired

Each performer at his or her own tempo

Senza misura

UP DOWN UP DOWN

Left right left right

backward forward

(breathe ad lib)

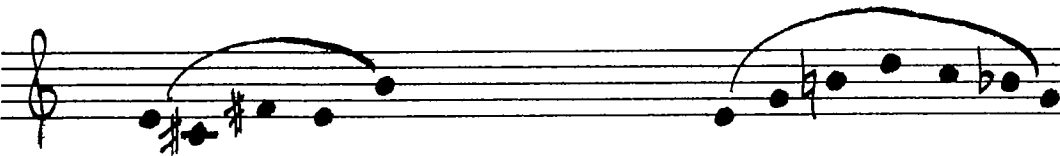
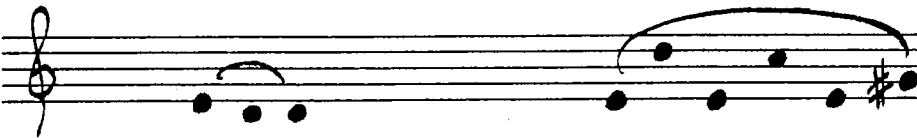
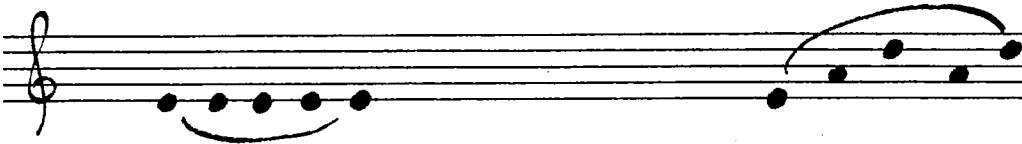
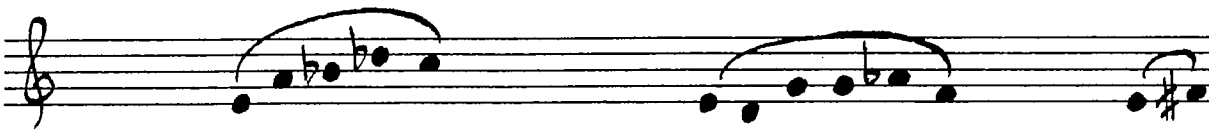
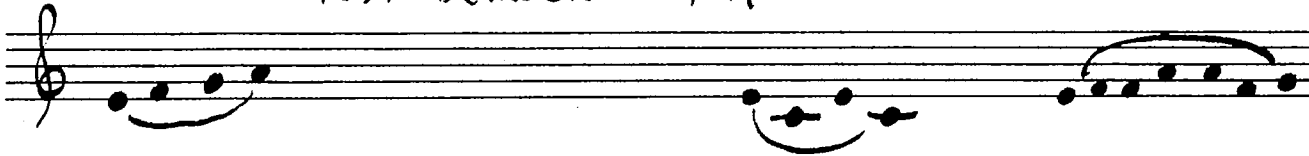
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People just stop me by me. Don't stretch out
the end too long

III. Thinking

Wander casually from one place to another, both on stage + in the music. Sing at any tempo.

gently - hum, or sing whatever words come to mind
rest between singings



Gradually wander out of the area
ends when all are gone

IV, Hammering

Hammer nails into pieces of wood at
your own tempo

Do not sing while setting nails;
sing only while hammering.
if you hit your finger - yell
if you bend a nail - curse.

♩ = your hammer strokes

Build-ing Build-ing build-ing

making mak ing mak ing

Do-ing do-ing do-ing

Ham-mer-ing - Ham-mer-ing

V. Walking

All at the same tempo, but casually - not like a march.
walk around while you sing.

AM I LATE? AM I LATE?

rests
in this
movement
are for 1
measure

I HAVE TO GET TO WORK

I HOPE THEY'LL WAIT

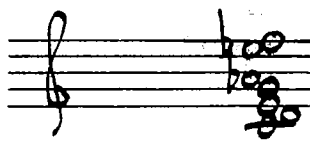
rests ad lib

SURE IS A NICE DAY FOR A WALK

I'M GETTING NOWHERE FAST

VI. TALKING

Sing each pitch while talking, change at will
mumble if you can't think of what to say. sort of
like recitative. Octaves ad lib.

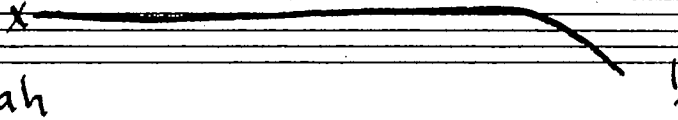


(mutter, mumble, talk, etc.)

VII. TAKING A BATH.

Sing any pitch you want, hold it until you
run out of breath, glissing down, as in a
pleasurable sigh.

ex.



x
ah !

VIII. Driving

All begin at the same tempo, gradually get faster or slower + change tempos independently. Can occasionally return to all the same tempo.

I'm GONNA MAKE THAT LIGHT!

HEY WHERE THE HELL DID YOU LEARN HOW TO DRIVE

GRID LOCK! LOOK OUT FOR THE GRID-LOCK!

I'm OUT OF GAS.

NO PARKING E- LEVEN AM TO TWO PM MWF OR TU TH SAT!