

LEARN CIRANDA WITH LADAMA

Est. Time: 45 minutes

Subjects: General Music, Geography, Physical Education, SEL

Age Range: Elementary


[View the classroom lesson version](#)


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What is Ciranda, and how can group singing and dancing help us feel like a part of a community?

In this lesson you will:

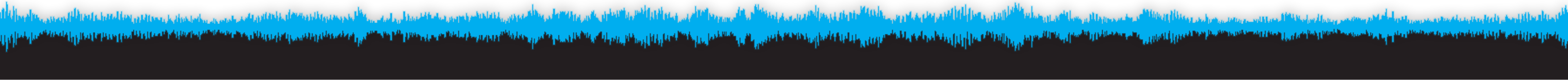
- Examine the definition for pulse and how it is present in our daily life
 - Identify the region in Brazil where Ciranda developed and flourished
 - Discover the importance of Brazilian Northeastern music culture in the world
 - Explore how Ciranda helps people to interact with one another and form a community
 - Dance Ciranda and sing in Portuguese
- 



Ciranda is a type of dance and music from the state of Pernambuco in Northeastern Brazil, along the country's Atlantic coast.

In the early history of Ciranda, participants were mostly rural workers and fishermen.

Ciranda is particularly important to the culture of the island of Itamaracá, where the wives of fishermen sang and danced while waiting for their husbands to arrive from the sea after the day's catch.






PULSE DEFINITION

Pulse: a continuous and uninterrupted beat.

Ciranda is both a dance and music, so it has a strong pulse.

- What else can you think of that has a pulse?
 - What in your body has a pulse?
 - Does a pulse always remain the same? What happens to your own pulse after exercising? What happens to your pulse when you rest?
 - Does a pulse exist in music? Which instruments in music do you think provide the pulse?
 - How can you play the pulse of music, without an instrument?
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Examine these images of traditional Ciranda instruments.

Then, watch [this video](#) of LADAMA demonstrating Ciranda instruments and pair the instrument to its sound. Try to tap the pulse of each instrument as it plays.



Examine **this map of South America** and find the country of Brazil. Then, examine **this map of Brazil** and find the state of Pernambuco.

Ciranda is a music and dance from the state of Pernambuco in Northeastern Brazil. It is shared in large groups and originated as a way to relax at the end of a long and hard day's work.

Ciranda is danced in a large circle in the company of others, and singing Ciranda allows participants to share stories.



Listen to Lia de Itamaracá, one of the most famous and influential *cirandieras* (Ciranda masters) singing “Minha Ciranda.”

Then, consider or talk with a friend:

- Is there anything in the music that sounds like a heartbeat? If so, which instrument is playing it?
- Do you recognize some of these instruments from the video earlier?
- If you were to pick the pulse of this song, what would it be? Demonstrate by clapping your hands.



Sing in Portuguese and learn to dance
Ciranda! Please follow along as you **watch
this video.**

Then, consider or talk with a friend:

- How did you use your body to emphasize the pulse of the rhythm?
- How does it feel to dance in a circle facing your classmates?
- Is this a new experience for you or is it similar to a kind of dancing you are familiar with? If you are already familiar, what kind of dancing?



Sing in Portuguese as you **listen to Ciranda legend** Lia de Itamaracá singing the song “Minha Ciranda” again.



Watch this video of LADAMA performing their “Ciranda” song, and learn how to sing in Portuguese.

Then, consider or talk with a friend:

- How did it feel to sing in Portuguese? Was it your first time?
- If not your first time, when else have you sung in Portuguese?
- Were you able to feel the pulse while singing?
- Reflecting on Ciranda, how might a circle bring people together?
- What is something that you like to do after a hard day’s work?



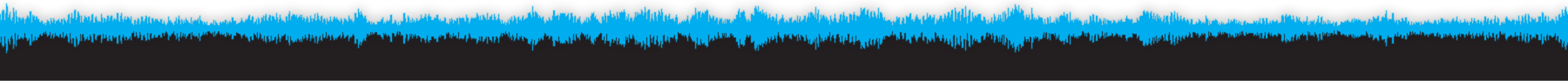
SUMMARY

- Ciranda is a type of music and dance from the Brazilian state of Pernambuco that has a distinctive rhythmic pulse
- Ciranda traditionally has a large group of people dancing in a circle and the lyrics are sung in Portuguese
- Ciranda is particularly important to the culture of the island of Itamaracá, off the Atlantic coast of Brazil
- Lia de Itamaracá is one of the most famous *Cirandieras*



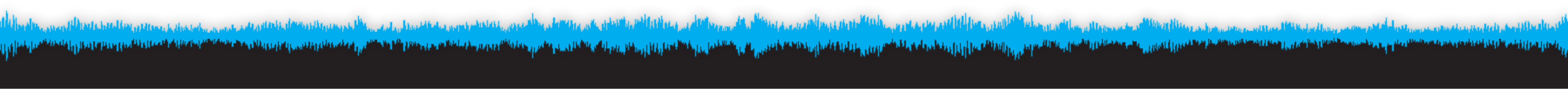
BE CREATIVE

- Create your own circle dance with a signature move! Ciranda taught you how to “lean in” as you danced and sang. Now come up with your own move that could be used in a dancing circle.
- Write a lyric and melody that other students in your class could sing in unison with you.
- Write a reflection of how Ciranda helps people to interact with one another and form a community.



CONNECT

Share with us! Either you or an adult in your life can share a video of your signature move, a recording of your lyric and melody, or a picture of your Ciranda reflection with TeachRock on **Instagram** or **Facebook**, email to **info@teachrock.org**, or Tweet it to **@TeachRock**





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