

Little Voices for Healthy Choices

Agoo Amee

Kofi Dennis, Wolf Trap Teaching Artist
Wolf Trap Institute for Early Learning Through the Arts
www.wolftrap.org

Experience

What/Define:

This is a call and response experience from the language of the Akan people of Ghana. The call "Agoo!" means "attention, please." The response "Amee" means, "you have my attention."

Lyrics:

Agoo (call) Amee (response)
Agoo (call) Amee (response)
Agoo (call) Amee (response)
Agoo (call) Amee (response)
Time to clap
Tap your shoulders
Blow some air
Time to stretch
aaaAAAAEEEEEE!

How:

The leader calls "Agoo!" (sounds like "Ah-go") and pauses for the group to respond "Amee!" (sounds like "Ah-may")

Sometimes, the leader may have to keep eye contact with certain individuals while calling "Agoo."

In this experience, you will establish a regular count using various body parts and/or motions. As soon as you have everybody's attention, clap 4 times. Then, cross your arms as if hugging yourself, while tapping your shoulders 4 times.

Then, hold your hands in front of your stomach and push/move your fist forward four times as you blow out in time with the movements.

Next, hold your hands in front of your stomach and rock your elbows from side to side gently stretching your arms.

Lastly, put your hands together with your palms facing upwards. Then, separate them and bring them together above your head to form a circle. As you do this, you make the sound:
aaaAAAAEEEEEEEEEE!, with all of your teeth showing at the end.



Song on Little Voices for Healthy Choices CD: Track 19