



## THE CUP SONG



### CHALLENGE

*Engaging in tricky things helps us to grow, learn and, connect with others.*

### Activity overview

Learn a catchy, rhythmic routine to a famous song

### Equipment required

Plastic or metal cup

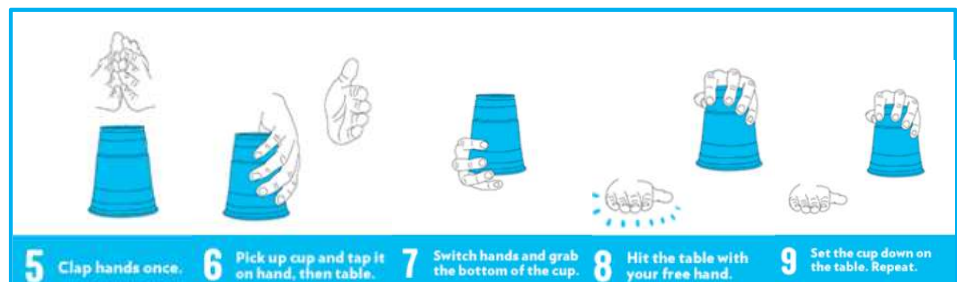
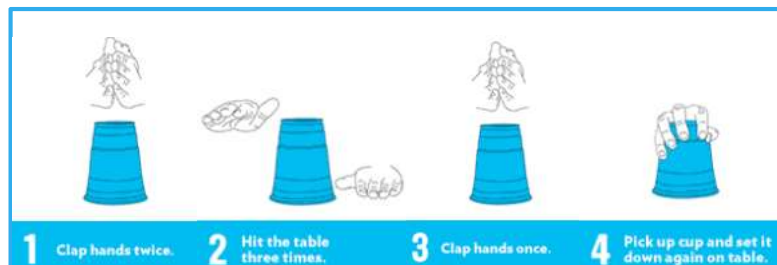
Music (once you have perfected it)

### Time required

10 to 30 minutes to learn, much longer to master!

*Combine an old children's game ('The Cup Game') with an old folk song ('Will you miss me when I'm gone?') and what do you get? A catchy rhythmic accompaniment made famous by Anna Kendrick in Pitch Perfect – now commonly known as 'The Cup Song'.*

The steps:



\* As you work through the steps, think about the rhythm and sounds that you are making. Aim to make a noise with the cup at each movement (picking it up off the table as well as when you put it down)

\* Spend some time mastering the steps on their own before putting it to music. It goes well with 'When I'm Gone' by Lulu and the Lampshades, but choose any song that you know well or have access to

\* Try performing the song acapella (singing without music)

\* Not challenging enough? Expand on the basic steps above to create your own unique cup song. It might involve different objects (have a look around the kitchen for inspiration), a different rhythm, multiple people ... unleash your imagination!

Source: <https://www.vulture.com/2013/08/comprehensive-history-of-the-cups-phenomenon.html>

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