

Singing and Dancing in the Philippines

Did you enjoy the story about how the Philippine islands and the rest of the world came to be?
Find out more about Filipino culture and its stories in this activity sheet!

Activity 1: Tracing back the steps

There are many islands in Philippines but there are three main groups of islands in the Philippines.





Guess which of the three major islands the following folk dances are originally from.



1. Itik-Itik



Itik-itik means 'duck'. The steps imitate how a duck walks, flaps its wings and splashes water. This dance comes from a place called Surigao, which is part of the southern islands of Philippines.

This dance is from _____.

2. Tinikling



Tinikling is one of the national dances of Philippines. *Tinikling* involves the use of bamboo sticks and quick movements of the feet. The movements mimic the movements of the tikling bird. Rice farmers usually put up bamboo traps to protect their fields but the tikling birds would expertly dodge their traps.

This dance is from _____.

3. Binasuan



Binasuan is a dance from a place called Bayambang, Pangasinan. *Binasuan* means 'with the use of drinking glasses'. In this dance, dancers have to have a good sense of balance as they need to balance glasses on their heads as they dance.

This dance is from _____.

4. Kappa malong-malong



This dance is influenced by Muslims in the Philippines. The *malong* is like a *sarong*, a long garment traditionally worn by many Muslims in the Philippines. The dance shows the many ways that the malong can be worn. It is a dance for both men and women.

This dance is from _____.

Answers 1. Mindanao 2. Visayas 3. Luzon 4. Mindanao

Find out more about other folk dances from Philippines!
http://dance.lovetoknow.com/List_of_Philippine_Folk_Dance



Activity 2: Sing-along!

Grown-ups, folk songs are a great way to learn about other cultures and to bond with your young ones. Try singing along to these Filipino folk songs, and why not try your own lyrics to these melodies too?



Bahay Kubo (Nipa Hut)

Sing-along with Lea Salonga!
<https://youtu.be/ZteHrI8JXKE>

Original Lyrics

*Bahay kubo, kahit munti
Ang halaman doon ay sari-sari.
Singkamas at talong, sigarilyas at mani
Sitaw, bataw, patani.
Kundol, patola, upo't kalabasa
At saka mayroon pang labanos, mustasa,
sibuyas, kamatis, bawang at luya
sa paligid-ligid ay puro linga*

English Translation*

Nipa hut, even though it's small,
The plants that grow around it are varied:
Turnip and eggplant, winged bean and
peanut,
String bean, hyacinth bean, lima bean.

Wax gourd, sponge gourd,
white squash and pumpkin,
And there's also radish, mustard,
Onion, tomato, garlic and ginger
And all around are sesame seeds.

*Translation from www.mamalisa.com

Pobreng Alindahaw (Poor Dragonfly)

Sing-along with The Mabuhay Singers!
<https://youtu.be/819g0EJiOGM>

Original Lyrics

*Ako'y pobreng alindahaw
Sa huyuhoy gianod-anod
Nangita ug kapanibaan, ahay,
Sa tanaman ug sa manga kabulakan.
Aruy, aruy, aruy, aruy...
Ania si bulak sa mga kahidlaw
Aruy, aroy, aruy, aruy...
Aruy, aruy, di ka maluoy
Ning pobreng alindahaw.
Aruy, aruy, aruy, aruy...*

English Translation*

I'm a poor dragonfly,
In the breeze being swept away.
Searching for a place to rest, sigh,
In the garden among the flowers.
Ouch, ouch, ouch, ouch...

Like flowers for the one who yearns
Ouch, ow, ouch, ouch...
Ouch, ouch, don't be sorry
For this poor dragonfly.
Ouch, ouch, ouch, ouch...

*Translation from www.tagaloglang.com





Draw a song!



Together with your grown up, pick one of the folk songs and find out what the lyrics mean.
Then, imagine a scene from the song and draw a picture of it!



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