

FLUSHED AWAY

CONSTRUCTIVE DETENTION FOR HIGH SCHOOL LEARNERS

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FLUSHED AWAY ART PROJECT

AGE GROUP OF CHILDREN: 13 – 18 YEARS

Number of children may vary due to the length of the detention for each youth. However, the small art projects within the bigger art project are completed over one or two sessions. The changing numbers of participants can be accommodated. As it will not be possible to establish a strong group feeling, it is recommended to keep the number of participants low.

I.THEME AND NEEDS ADDRESSED

Marian High School for Girls felt that their detention classes were not proving effective. They were punitive but not reformatory. They also identified that the cleanliness of the school toilets was hard to maintain as the learners do not take responsibility for this space. The project consists of personal smaller paintings and a group mural on the toilet walls for which the toilets and walls need to be cleaned and prepared. Every session is designed for 2h with a small break in between.

The following art project aims to address the below general challenges in the target group:

- **LACK OF SELF-RESPECT**

Many girls lack self-confidence due to various reasons related to social ills e.g. rape, abuse, poverty, bullying etc. They struggle to respect themselves and thus do not respect others and their environment. The project aims to instil pride in self through creativity.

- **LACK OF CLEANLINESS**

Related to lack of respect is the mistreatment of environment. Apathy towards the treatment of facilities and environment. Personal hygiene is also an issue. The project aims to instil cleanliness through understanding how our toilet habits effect the environment.

- **LACK OF RESPONSIBILITY**

Many of the girls do not have discipline at home and find it difficult to understand that their actions have consequences. The project aims to be constructive and not punitive. The girls will become monitors of the toilets promoting responsibility and pride in their own handy work.

- **LACK OF UNDERSTANDING OF CONSEQUENCE (KARMA)**

Through better understanding of self and consequence they should grow spiritually.



II. CURRICULUM OVERVIEW FOR 8 LESSONS

Title of Lesson	Main Activities	Objective
1. Where does it go?	Welcome & ice breaker Introduction of the project Discussion about sewage Break Cleaning of toilets Reflection War cry	Initiate group bonding Create an understanding of why they are in detention and what the result will be Connection with reality of process of untreated sewage and the effect on nature Taking responsibility for the consequence of one's own actions Growing self-awareness and practicing sympathy Practicing
2. Dis lekker by die See	Ring time and welcome Sharing information about ocean and sewage to recap last session Personal art project: Blind portraits and face dictation Break Cleaning of toilets Group work: prepare walls by scraping loose paint of and wash down dirt Reflection War Cry	Connecting to the earth, breath and own body to calm down the nerve-sense system Awareness of the ocean and the importance for our survival Building courage for drawing a face Practising to draw a face Taking responsibility for the consequence of one's own actions Giving back to the school community to create balance Growing self-awareness and practicing sympathy Practicing courage and ending off
3. A flush away	Ring time and welcome Discuss the effect of untreated sewage on the ocean: How do we affect what happens to the ocean by our toilet habits? Personal art project: draw a beach landscape with rubbish scattered Break Group work: Start painting walls white in the school toilets Reflection War Cry	- Connecting to the earth, breath and own body to calm down the nerve-sense system -Awareness for the connection of sewage and the ocean -Understanding our roles as eco warriors to counteract the destruction of planet earth -Practising artistic skills and free expression without show-off manners -Giving back to the school community to create balance -Growing self-awareness and practicing sympathy -Practicing courage and ending off

Title of Lesson	Main Activities	Objective
4. I am	Ring time and welcome Small art project: Self portraits Break Cleaning of toilets Group work: start planning layout of underwater sea landscape mural Reflection War Cry	Connecting to the earth, breath and own body to calm down the nerve-sense system Growing self-awareness Taking responsibility for the consequence of one's own actions Practicing artistic skills Giving back to the school community to create balance Growing self-awareness and practicing sympathy Practicing courage and ending off
5. The Little Mermaid	Ring time and welcome Observing pictures of mermaids as reference Personal art project: draw a mermaid and paint/colour in Break Cleaning of toilets Group work: continue painting the underwater sea landscape mural on the toilet walls Reflection War Cry	Connecting to the earth, breath and own body to calm down the nerve-sense system Practicing observation skills to grow art skills Exploring own creative space for self-expression Taking responsibility for the consequence of one's own actions Giving back to the school community to create balance Growing self-awareness and practicing sympathy Practicing courage and ending off
6. Me as a mermaid	Ring time and welcome Personal art project: Draw mermaid on a larger scale paper Break Personal art project: Add own face to mermaid body Cleaning of toilets Group work: continue painting the underwater sea landscape mural on the toilet walls: animal life Reflection War Cry	Connecting to the earth, breath and own body to calm down the nerve-sense system Exploring own creative space for self-expression Putting observation skills into practice, acting with courage Taking responsibility for the consequence of one's own actions Giving back to the school community to create balance Growing self-awareness and practicing sympathy Practicing courage and ending off

Title of Lesson	Main Activities	Objective
7. Under the sea	<p>Ring time and welcome</p> <p>Personal art project: Decorate mermaid body on own paintings/drawings from last week</p> <p>Break</p> <p>Cleaning of toilets</p> <p>Group work: continue painting the underwater sea landscape mural on the toilet walls: continue animal life and add the mermaids</p> <p>Reflection</p> <p>War Cry</p>	<p>Connecting to the earth, breath and own body to calm down the nerve-sense system</p> <p>Exploring own creative space for self-expression</p> <p>Taking responsibility for the consequence of one's own actions</p> <p>Giving back to the school community to create balance</p> <p>Growing self-awareness and practicing sympathy</p> <p>Practicing courage and ending off</p>
8. Our world under the sea	<p>Ring time and welcome</p> <p>Cleaning of toilets</p> <p>Break</p> <p>Group work: continue painting the underwater sea landscape mural on the toilet walls: colour in the mermaids and write quotes on cleanliness and the environment around the mural to create a frame.</p> <p>Reflection</p> <p>War Cry</p>	<p>Connecting to the earth, breath and own body to calm down the nerve-sense system</p> <p>Taking responsibility for the consequence of one's own actions</p> <p>Giving back to the school community to create balance Practicing being a good role model</p> <p>Experiencing pride in achievement</p> <p>Practicing courage and ending off</p>

III. ART PROJECT “FLUSHED AWAY”: LESSONS 1-8

LESSON 1: WHERE DOES IT GO?

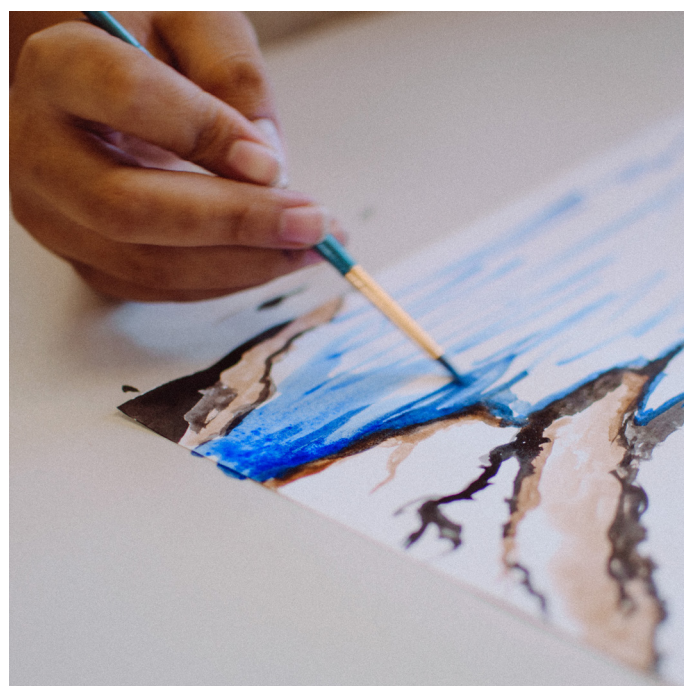
Schedule of activities	Objectives	Approximate timing
Welcome & ice breaker	Initiate group bonding	5
Introduction of the project	Create an understanding of why they are in detention and what the result will be	10
Discussion about sewage	Connection with reality of process of untreated sewage and the effect on nature	30
Break		15
Cleaning of toilets	Taking responsibility for the consequence of one's own actions	40
Reflection	Growing self-awareness and practicing sympathy	7
War Cry	Practicing courage and ending off	3
Flexible time		10
Total time		120 min

Materials:

1. Toilet paper roll
2. Cleaning materials: Buckets, brooms, mops, scrubbing brush, cleaning liquid, cloths
3. Internet information on the passage of sewage <https://en.m.wikipedia.org/wiki/sewage>
www.sewtreat.co.za
www.helpsavenature.com
4. Colour pictures of the process and the effects of pollution in the sea (these can be laminated)
5. Laptop or tablet to watch videos

Instructions:

- 1. Icebreaker:** each participant rolls off some toilet paper. Once completed you tell them to count the blocks. For each block they must tell the group something about themselves.
- 2. Lesson on sewage process and effects**
Useful video set in America <https://www.youtube.com/watch?v=FvPakzqM3h8>
Cape Town relevance: <https://www.youtube.com/watch?v=tEh5JpoH9qo>
Or pictures from www.sewtreat.co.za and www.helpsavenature.com
Have a conversation with the group about the information from the video
- 3. Brief the group** about the process of cleaning toilets, hand out tools, make your way to the toilets and let them clean the toilets. Be sensitive to gender: girls do not clean boys' toilets and vice versa.
- 4. After packing away all tools,** you gather the group and raise the following questions: What did we learn about sewage? How are your toilet habits having an effect on the environment? What will you do differently? Then each learner gets a turn to reflect on the detention lesson talking about his/her feelings, thoughts and action.
- 5. War Cry to practice courage** and end off
(See Annexure or make your own)



LESSON 2: DIS LEKKER BY DIE SEE

(Translation: Its Wonderful at the Seaside)

Schedule of activities	Objectives	Approximate timing
Ring time and welcome	Connecting to the earth, breath and own body to calm down the nerve-sense system	5
Sharing information about ocean and sewage to recap last session	Awareness of ocean and its importance for our survival	15
Personal art project: Blind portraits and face dictation	Building courage for drawing a face Practising to draw a face	35
Break		15
Cleaning of toilet	Taking responsibility for the consequence of one's own actions	20
Group work: prepare walls by scraping loose paint of and wash down dirt	Giving back to the school community to create balance	20
Reflection	Growing self-awareness and practicing sympathy	7
War cry	Practicing courage and ending off	3
Flexible time		0
Total time		120 min

Materials:

1. Speaker box Wave sounds
2. Paper A4
3. Pencils
4. Crayons
5. Pictures relating to the ocean and sewage - internet
6. Internet information on the ocean and sewage pollutions www.envirotech-online.com
7. Cleaning materials for toilets
8. Materials required for preparing the walls for painting: scrapers, broom, cloth, bucket, black bag, drop sheet

Instructions:

1. Ring time to ground the participants and add breathing exercise with wave sounds
2. Share information about the ocean and sewage to recap last session to raise awareness of ocean and its importance for our survival. Include pictures of waste in the oceans, on the beaches and trapping animals. Point out the consequence on planet earth by us producing microplastic. Inform yourself upfront: <https://nayadaur.tv/2019/04/things-you-should-know-about-microplastic/>

Allow them to share their feelings about the problem and keep a focus on them finding their own opinion about the global problem. Do not force your attitudes onto them.

3. Face dictation

- Give each participant a sheet of paper and invite him or her to choose ½ wax crayon.
- Attach your paper to the wall in front of the class and announce that you're going to draw a face. Use the side of your crayon to shade in an oval, egg shape as the face. Show them how to draw a face on their paper as if they were 9-12 years old.
- Ask what else needs to be drawn on a face? Eyes. Explain where the eyes fit on the face i.e. just above the mid-line. Mention that

the whole of the pupil is not visible in the eye and show where the eyebrows sit. (The space between the eyes is about the same size as another eye).

- Give participants the opportunity to draw the eyes and eyebrows on their faces.
- The nose - discuss that it is not so much about lines as about shading. The sides of the nose are approximately in line with the end of the eyebrows. Shade the sides of the face to begin to define the nose and discuss where the nostrils sit (about the width of an eye apart and in line with the inner edge of each eye). Demonstrate for participants to copy.
- Encourage the participants to look at each other and observe each feature as you draw. The next feature to be drawn is the mouth. The outer edges of the mouth line up with the pupils. You draw and students copy.
- The ears sit approximately between the eye and the mouth.
- The hair sits up from the head. Observation is needed to draw hair accurately. Ask students to look at one of their peers for inspiration and reference to draw hair.
- Give participants time to finish drawing their face and refine any part of the sketch as they wish.

4. Reflect on the session with the whole group with the following questions:

What did you learn about the ocean and the effects of sewage? How was the process of drawing your portrait? Did you learn anything new about yourself? What will you do differently in the art lesson should you do it again? Then every learner gets a turn to give feedback how they feel and think about the lesson and what they want to do next.

5. War Cry to practice courage and end off

LESSON 3: A FLUSH AWAY

Schedule of activities	Objectives	Approximate timing
Schedule of activities	Objectives	5
Ring time and welcome	Connecting to the earth, breath and own body to calm down the nerve-sense system	15
Discuss the effect of untreated sewage on the ocean: How do we affect what happens to the ocean by our toilet habits?	Awareness for the connection of sewage and the ocean Understanding our roles as eco warriors to counteract the destruction of planet earth	30
Personal art project: draw a beach landscape with rubbish scattered	<ul style="list-style-type: none"> Awareness for pollution and resulting effects Practising artistic skills and free expression without show-off manners 	15
Break		
Group work: Start painting walls white in the school toilets	Giving back to the school community to create balance	45
Reflection	Growing self-awareness and practicing sympathy	7
War Cry	Practicing courage and ending off	3
Flexible time		10
Total time		120 min

Materials:

- A4 min 120 g cartridge, canvas or primed cardboard
- Acrylic paints
- Paint brushes
- Water
- Cloth
- Newspaper
- Water containers
- Pallets
- Plastic rubbish as you could find it on the beach
- Wall paint – primer
- Ladders
- Brushes
- Rollers
- Drop sheet
- Cleaning materials for toilets and painting stations
- Internet information on sewage and the ocean: gctca.org.za/city-of-cape-towns-sewerage-the-report-that-caused-the-stink
- Pictures of beach pollution: https://www.google.com/search?rlz=1C5CHFA_enZA839ZA839&biw=1440&bih=772&tbm=isch&sa=1&ei=DZuEXewMgruDB-6Nt6AD&q=beach+pollution&oq=beach+pollution&gs_l=img.1.0.0i67j019.14919.14919..18260...0.0.0.258.258.2-1.....0....1..gws-wiz-img.sxDfBW3Is80
- Internet information on healthy toilet habits www.property24.com/articles/10-things-you-should-never-flush-down-the-toilet, <https://www.housebeautiful.com/lifestyle/cleaning-tips/a21992808/what-not-to-flush-down-toilet/>
- Pictures of underwater seascapes not polluted: https://www.google.com/search?q=underwater+seascape&rlz=1C5CHFA_enZA839ZA839&source=lnms&tbm=isch&sa=X&ved=0ahUKUwjeheeCjt_kAhViXRUIHbuUC_cQ_AUIEigB&biw=1440&bih=772

Instructions:

- Ring time to ground the participants and add breathing exercise with wave sounds
- Share information about the effects of untreated sewage on the ocean and our beaches (share pictures) and the ocean's importance for our survival. Discuss healthy toilet habits. The does and donts. Allow them to share their feelings about the problem and keep a focus on them finding their own opinion about the problem. Do not force your attitudes onto them.
- Guided painting of a beach landscape: Start with the background colour of blue for sky and ocean sharing the space in the upper half of the page. Encourage them to dilute the paint with water to make it fluid like water colour paint. Then colour the bottom of the page with sand colour (raw sienna) for the beach. If you like, give them a picture reference with land and vegetation and add the green for the plant world.
- Then talk about perspective and overlapping forms in the composition of a painting. Pile the rubbish on the learners' desks so they can observe and get inspiration. They will need help in mixing and blending the colours to show all the different shades of beige and grey for the beach rubbish. Pack away.
- Now show them pictures of a healthy and clean underwater seascapes. Find out how you need to paint the toilet wall to start with the background of the mural. Explain to them the technique of layering paintings: We start with a background, then we bring in the sand and rocks/reef, next follows the plant life, then the animals and then your mermaids and their messages. For your preparation this video on you tube might be helpful: <https://youtu.be/DH7cTmI2WYM>
- Reflect on the session with the whole group with the following questions: What did you learn about ocean and the effects of sewage? What did you learn about healthy toilet habits? What will you do differently in the art lesson should you do it again? Then every learner gets a turn to give feedback how they feel and think about the lesson and what they want to do next.
- War Cry to practice courage and end off

LESSON 4: I AM

Schedule of activities	Objectives	Approximate timing
Ring time and welcome	Connecting to the earth, breath and own body to calm down the nerve-sense system	5
Small art project: Self portraits	Growing self-awareness Practicing artistic skills	30
Break		15
Cleaning of toilets	Taking responsibility for the consequence of one's own actions	30
Group work: start planning layout of underwater sea landscape mural	Giving back to the school community to create balance	30
Reflection	Growing self-awareness and practicing sympathy	7
War Cry	Practicing courage and ending off	3
Flexible time		0
Total time		120 min

Materials:

1. 1 x A3 paper for each participant
2. Pencil for each participant
3. Oil pastels one for each participant
4. Acrylic paint, all primary colours, secondary colours, brown, black, white
5. Brushes
6. Water containers
7. Palette knives
8. Cloth
9. Paint palettes
10. Newspaper for painting workstation
11. Smocks or old shirts or aprons
12. Picture reference for underwater sea scape
13. 2 Ladders
14. Large sized brushes
15. Rollers
16. Drop sheet
17. Cleaning materials for toilets and painting stations

Instructions:

1. Ring time to ground the participants and breathing exercise with wave sounds.
2. Explain the Silhouette exercise: This silhouette will express your inner and outer world.
 - Ask participants to ask themselves: What do you see inside of you and outside of you? How does the outside world see you? How does your inner world feel?
 - Participants hold the paper against their face and trace with an oil pastel the main features of their faces onto the paper.
 - Then they look at it and paint with acrylic paint their inner and outer world in an abstract way. Give about 30 minutes to finish this exercise.
3. Continue painting background of the mural and the start planning layout of underwater sea landscape mural. Then allow the learners to bring the first rocks and sand onto the colours in acrylic paint.
4. Reflect on the session with the whole group with the following questions: How was it doing your self-portrait? What was challenging about today? What is your highlight? Then every learner gets a turn to give feedback how they feel and think about the lesson and what they want to do next.
5. War Cry to practice courage and end off



LESSON 5: THE LITTLE MERMAID

Schedule of activities	Objectives	Approximate timing
Ring time and welcome	Connecting to the earth, breath and own body to calm down the nerve-sense system	5
Observing pictures of mermaids as reference	Practicing observation skills to grow art skills	5
Personal art project: draw a mermaid and colour in	Exploring own creative space for self-expression	20
Break		15
Cleaning of toilets	Taking responsibility for the consequence of one's own actions	30
Group work: continue painting the underwater sea landscape mural on the toilet walls	Giving back to the school community to create balance	30
Reflection	Growing self-awareness and practicing sympathy	7
War Cry	Practicing courage and ending off	3
Flexible time		5 min
Total time		120 min

Materials:

1. A4 paper per learner
2. Pencil for each participant
3. One box of oil pastels per two learners
4. Reference pictures of mermaids: Internet pictures and Picture books
5. Acrylic paints for painting the mural all primary colours, secondary colours, brown, black, white
6. Paint palettes
7. Palette knives
8. Newspaper for painting workstation
9. Smocks or old shirts or apron
10. 2 Ladders
11. Differently sized brushes
12. Cloth
13. Water containers
14. Drop sheet
15. Cleaning materials for toilets and painting stations

Instructions:

1. Ring time to ground the participants and breathing exercise with wave sounds
2. Look at pictures of mermaids as reference material and allow the learners to draw a mermaid on their page. There is only one rule: no white of the paper must be seen afterwards.
3. Cleaning of toilets as usual.
4. The mural is now getting all plant life in the underwater seascape.
5. Reflect on the session with the whole group with the following questions: What is special about your mermaid? How was it for you to work as a group together? Then every learner gets a turn to give feedback how they feel and think about the lesson and what they want to do next.
6. War Cry to practice courage and end off



LESSON 6: ME AS A MERMAID

Schedule of activities	Objectives	Approximate timing
Ring time and welcome	Connecting to the earth, breath and own body to calm down the nerve-sense system	5
Personal art project: Draw mermaid on a larger scale paper and add own face to mermaid body	Exploring own creative space for self-expression Putting observation skills into practice, acting with courage	30
Break		15
Cleaning of toilets	Taking responsibility for the consequence of one's own actions	30
Group work: continue painting the underwater sea landscape mural on the toilet walls: animal life	Giving back to the school community to create balance	30
Reflection	Growing self-awareness and practicing sympathy	7
War Cry	Practicing courage and ending off	3
Flexible time		0
Total time		120 min

Materials:

1. A3 or larger cardboard per learner
2. Pencil for each participant
3. Reference pictures of mermaids: Internet pictures and Picture books
4. Acrylic paints for painting the mural all primary colours, secondary colours, brown, black, white
5. Paint palettes
6. Palette knives
7. Newspaper for painting workstation
8. Smocks or old shirts or apron
9. 2 Ladders
10. Differently sized brushes
11. Cloth
12. Water containers
13. Drop sheet
14. Cleaning materials for toilets and painting stations

Instructions:

1. Ring time to ground the participants and breathing exercise with wave sounds
2. Draw and paint in acrylic paint a mermaid on A3 cardboard and add your self-portrait to the mermaid's body.
3. Cleaning of toilets as usual.
4. Continue painting mural. Start with the animal life.
5. Reflect on the session with the whole group with the following questions: What was challenging today? Did you have a highlight? What was it? Then every learner gets a turn to give feedback how they feel and think about the lesson and what they want to do next.
6. War Cry to practice courage and end off



LESSON 7: UNDER THE SEA

Schedule of activities	Objectives	Approximate timing
Ring time and welcome	Connecting to the earth, breath and own body to calm down the nerve-sense system	5
Personal art project: continue the art works from last week and decorate mermaid body	Exploring own creative space for self-expression	30
Break		15
Cleaning of toilets	Taking responsibility for the consequence of one's own actions	30
Group work: continue painting the underwater sea landscape mural on the toilet walls: continue animal life and add the mermaids	Giving back to the school community to create balance	30
Reflection	Growing self-awareness and practicing sympathy	7
War Cry	Practicing courage and ending off	3
Flexible time		0
Total time		120 min

Materials:

1. Artwork on cardboard from last session
2. Various decorative materials, beads, sequence, ribbon or recycling materials like aluminium foil, etc.
3. Glue gun and glue sticks
4. Pencil for each participant
5. Reference pictures of mermaids: Internet pictures and Picture books
6. Acrylic paints for painting the mural all primary colours, secondary colours, brown, black, white
7. Paint palettes
8. Palette knives
9. Newspaper for painting workstation
10. Smocks or old shirts or apron
11. 2 Ladders
12. Differently sized brushes
13. Cloth
14. Water containers
15. Drop sheet
16. Cleaning materials for toilets and painting stations

Instructions:

1. Ring time to ground the participants and breathing exercise with wave sounds.
2. Learners decorate the mermaid bodies by using the extra decorative materials and the glue gun to fix on the cardboard. Then all learners cut their mermaids out.
3. Cleaning of toilets as usual.
4. Continue painting the underwater sea landscape mural on the toilet walls: continue animal life and add the mermaids by holding their individual mermaids against the wall and copying their outlines on the mural.
5. Reflect on the session with the whole group with the following questions: What was difficult about today? What is your highlight? And why? Then every learner gets a turn to give feedback how they feel and think about the lesson and what they want to do next.
6. War Cry to practice courage and end off

LESSON 8: OUR WORLD UNDER THE SEA

Schedule of activities	Objectives	Approximate timing
Ring time and welcome	Connecting to the earth, breath and own body to calm down the nerve-sense system	5
Cleaning of toilets	Taking responsibility for the consequence of one's own actions	30
Break		15
Group work: continue painting the underwater sea landscape mural on the toilet walls: colour in the mermaids and write quotes on cleanliness and the environment around the mural to create a frame.	Giving back to the school community to create balance Practicing being a good role model	50
Reflection	Experiencing pride in achievement	7
War Cry	Practicing courage and ending off	3
Flexible time		10
Total time		120 min

Materials:

1. Pencil for each participant
2. Thick permanent marker pens
3. Acrylic paints for painting the mural all primary colours, secondary colours, brown, black, white
4. Paint palettes
5. Palette knives
6. Newspaper for painting workstation
7. Smocks or old shirts or apron
8. 2 Ladders
9. Differently sized brushes
10. Cloth
11. Water containers
12. Drop sheet
13. Cleaning materials for toilets and painting stations

Instructions:

1. Ring time to ground the participants and breathing exercise with wave sounds.
2. Cleaning of toilets as usual.
3. Continue painting the underwater sea landscape mural on the toilet walls: colour in the mermaids and write quotes on cleanliness and the environment around the mural to create a frame. Work first with pencils, then assess and then paint over with permanent markers or paint.
4. Reflect on the session with the whole group with the following questions: How did you find this art project? What have you learned? What was difficult? What are your highlights that you will take with you? Then every learner gets a turn to give feedback how they feel and think about the lesson and what they want to do next.
5. War Cry to practice courage and end off



War Cry Option 1

Everywhere we go,
People want to know,
Who we are,
And where do we come from
So, we tell them
We're the mighty
And if you can't hear us
We'll sing a little louder

War Cry Option 2

Hey are you ready? (clap, clap)
Are you ready (clap, clap)
To paint and play? (clap)
Say go team (clap)
Go team (clap)
(Team Name) all the way!

