

MY SONG OUR STORY

Legacy Pack

A community-led
theatre project,
sharing stories and
supporting wellbeing
through song.

Written By:

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CODDIWOMPLE
THEATRE



LOTTERY FUNDED



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**ARTS COUNCIL
ENGLAND**

About the Project

The **My Song, Our Story** explored the personal meaning behind favourite karaoke anthems. There were songs of resilience, heartbreak, protest and love. Songs to sing along to for fun, and earwigs that were just annoying - getting stuck in your head for days on end!

The games and activities in this legacy pack were delivered throughout the project with a wide variety of community groups, both in person and online. Feel free to pick and choose, and adapt them as needed.



A Karaoke-Themed Playlist

Throughout the project we used these games and activities to help stimulate discussions around story, memory and emotion. Prompts included:

- What are your favourite songs and why?
- How does it make you feel when you hear or sing it?
- Where did you first hear it?
- Are there any stories connected to this song?

"When you're happy you enjoy the music. When you're sad you understand the lyrics." - comment from participant



Pass the Sound

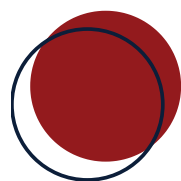
- Have the group in a circle.
 - One person starts by making a sound or saying an expressive word.
 - The next person repeats it, then creates a new sound and gesture to pass on.
 - Continue around the circle.
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Emotional Orchestra

- The facilitator acts as a conductor.
 - Each participant picks an emotion (e.g., joy, sorrow, anger, surprise).
 - When the conductor points at a participant, they must vocalize their emotion (with words or sounds – they can even say the actual emotion).
 - The facilitator then ‘conducts’ the group like an orchestra, changing dynamics (volume), tempo, and combinations.
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Freeze Frame

- Play some music for group to move to.
- Randomly stop for people to freeze.
- Discuss the shapes they freeze in – do they represent a specific emotion or bring up any ideas?
- Play different music and discuss how it makes you feel.



Soundtrack

- In small groups everyone to create a short scene e.g. 'on holiday' or 'at work' or 'family BBQ' (could give everyone the same scene to develop or different scenes).
- Ask the group for suggestions on possible songs that could soundtrack the scene.
- Act the stories out with the suggested soundtracks.
- Discuss how the choice of music impacts on our response to the scene.



Song Match

- Give the group six pieces of paper and a pen to write with.
- Ask them to write down the first song that comes to mind when you call out the following emotions:

HAPPY
SAD
LOVE
DANCING
ANNOYING
FAVOURITE

- Go around the circle and get people to hold up one of their pieces of paper.
- Does anyone match with that song?



Karaoke Kazoo

- Print out a list of well-known songs.
- Using a kazoo, start playing the song on a kazoo for people to guess.

NOTE: This is a great game online, but to add some physical action if playing in person, divide the room into squares with a different song choice in each. As you play the song on the kazoo, the group have 10 seconds to go to the square with the song they think is being played.



About Coddiwomple Theatre

Embracing the Journey

"Coddiwomple" is an old English word meaning: To travel purposefully towards an as yet unknown destination.

We are guided by a single question: **Why theatre?**

What is it about a story or an idea that can only be expressed, developed, or fully realised as a theatrical experience?

This question inspires us to create work that surprises, delights, and transforms.

www.coddiwompletheatre.co.uk



About the Author: Sheree Vickers

Creating Connection. Championing Inclusion. Inspiring Change

For over 30 years, Sheree has brought people together through drama, whether in theatres, classrooms, or communities. From grassroots initiatives to strategic leadership, her mission has always been to break down barriers and make theatre accessible to all, especially young people and those from marginalised backgrounds. She continues to advocate for theatre as a vital force for cultural and community wellbeing, and understands first-hand the importance of theatre venues as a place of creative expression, social connection, and local identity. Whether running venues, developing innovative programming, or fighting for their survival, Sheree is committed to ensuring that theatre remains inclusive and central to the communities they serve.

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