

Team Rap

What Team Rap is energizer activity and a team builder. Small Groups create rap songs related to a group topic. The small groups perform it for the entire team.

When Team Rap is an activity that spans lunch or a break. It is used to build energy in the group and strengthen the groups cohesion.

How 1. **Form Groups:** Form teams consisting of 3 or 5 people.

2. **Prepare the Rap:** Each team is given 30 minutes before lunch break to write and prepare a rap song. Each rap song should be about a group topic, e.g. "future of the organization". The song consists of a chorus, which all team members perform, and 3 to 5 stanzas, which individual members of the team perform. Team members can provide background sounds, if they like. The format should follow a chorus-stanza-chorus structure. The team may continue work into lunch practicing for an after lunch presentation.

Raps are talk songs. They are not sung; they are spoken. They have a very heavy beat and a lot of rhyme. Behind the speaker of a rap, there might be original music, "scratching" sounds, and parts of other peoples' songs.

To write your own rap, begin with your topic. You have to know enough about your topic to rap about it. Tell the whole story of your focus topic in rhyme. Most raps rhyme in 'couplets.'" That means lines rhyme two at a time. Lines one and two rhyme with each other, but not necessarily with the other lines. Lines 3 and 4 rhyme with each other, but not with the other lines. And so on. The two lines that rhyme together are a "Couplet."

The beat can be different in different lines. Some lines can be short; others, long. You might want to have a "refrain" in your lyrics. A refrain is a group of lines that remain the same and are repeated throughout the song.

3. **Present the Rap:** After lunch, each group will be given the opportunity to present their Rap to the entire team. Each Rap group will have 5 minutes to perform their Rap Song.

4. **Rap Judges:** One member from each group will serve as scoring judges for the groups that as they perform. Each judge will score the group Rap using a 10 point scale with increments in tenths. (7.5, 9.2, 4.4) In the event of a tie (or near tie) the neutral facilitators will serve as the final judges.



Application: Energizer
Structure: Technique