



## Mama Don't Allow

traditional North American

a brain break / warm up for all ages (especially KS1 / lower KS2)

*This traditional American song was popularised by “Jug Bands” in the 1920s, which played jazz/ragtime/blues on a mixture of home-made and conventional instruments. There are lots of versions. I learned this one years ago from Al Nalder and have used it ever since as a go-to fun activity when everyone needs to re-focus and move around a bit.*

(claps)

Ma-ma don't al-low no hand clap-ping round here,

5 (claps)

Ma-ma don't al-low no hand clap-ping round here, What

9

Ma-ma don't al-low, Ma-ma don't al-low, We're gon-na do it a-ny- how,

13 (claps)

Ma-ma don't al-low no hand clap-ping round here.

- Start by singing (or playing) the song and asking children to join in with the claps. How many claps are there each time? (Whilst there are 6, their position in the bar can makes it feel like 7, so children will often answer 7 and be surprised – this is a musical answer!)
- Let them join in with the tune as they feel confident to do so.
- Continue with finger clicking, knee patting, shoulder shrugging, toe tapping, hip swinging, Gold fish, Yee-ha-ing... the possibilities are endless.
- I usually finish with “doing nothing” – everyone dances on the spot and then on the word “here” we freeze.
- Ask a child or children to choose the next action, or to lead.
- Works with any sized group from a few children up to a hall full.
- Easy to develop with instruments – mama don't allow no shakers, clave playing, drum banging etc.