

Title:	Sizinyoni		
Origin:	South African Folk song	Original language:	isiZulu
Source:	Folk tradition learned by Fikile Masoka	Translated language(s):	



1
Si - zin - yo - ni, thi - na si - zin - yo - na
Si - zin - yo - ni, thi - na si - zin - yo - na Si -

5
Si - zin - yo - ni, thi - na si - zin - yo - na Si -

9
-ya - hla - la si - yan - di - za si - zin - yo - ni Si -

13
-ya - hla - la si - yan - di - za si - zin - yo - ni

Tone set:	d r m f s l	Scale:	Hexachordal
Form:	AABB	CSP:	G - C
Type of song/Game:	Movement song		
Rhythmic elements:	Syncopated rhythms and ties	Meter:	Duple meter
Melodic elements:	d r m; s; l; f		
Harmonic elements:	I - V - I		
Compositional technique			
Appropriate age level:	Grade R - 3		
Teaching purpose:	Movement song		

LYRICS/TEXT

Original:

Sizinyoni, thina sizinyona
Siyahlala, siyandiza, sizinyoni

Meaning of text:

We are birds
We sit
We fly
We are birds

RESOURCES

Junior Jive recording by Jennifer Morrison

SUGGESTED ACTIVITIES

Sing the song pretending to be birds flying and jumping side to side, shaking tail feathers.
Suggested movements in the video.