



**AES Summer Workshop
“The Flower Song of the
Philippines:”**

**Developing Pitch, Rhythm,
Improvisation, and Form**

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Saturday, July 17th, 2021

8am PST- 11am PST

Finding Your Do: Pitch and Movement Warm Ups

Singing and Stepping Using Solfege

Do Re Mi Singing and Stepping Games

- Only Echo mi re do
- Do NOT Echo mi re do
- Reply with mi re do
- Improvise using mi re do, teacher replies

Sasara Ang Bulaklak (The Flower Song) (see below for text and translation)

- Origin: Philippines
- Language: Tagalog
- Hand Gestures
- Circle Dance/Game Description [example](#)

Sasara Ang Bulaklak: Pitch Focus: Sing and step Solfege

- Sing and step Sasara using solfege
- Sing and step Sasara using words
- Sing with words and solfege while playing an instrument
- Sing and step with improvisation
- Given phrase improvise a second phrase
- Improvise a phrase

Sasara Ang Bulaklak: Pitch and Form Focus (ABA)

- Sing and step Sasara (A)
- Improvise a chorus of solfege (B)
- Sing and step sasara again (A)

Cultural Connections

- Return to the song

- Use the original language

Sasara Ang Bulaklak: Rhythm Focus

- Say and clap rhythms
- Move and sing all the rhythms from Sasara
- Move and sing Sasara

Sasara Ang Bulaklak: Rhythm and Rondo Form

- Use Sasara as an “A Section” and improvise the others
- Move with sasara them improvise on other sections
- Students share their improvised moves and debrief
- Pedagogy Moment: Directed and undirected movement

Sasara

Filipino Folk Song



Sa - sa - ra ang bu - lak - lak bu - bu - ka ang bu - lak - lak
 Clos - ing up the pre - tty flower Open - ing up the pre - tty flower.

Yi - yi ko ang bu - lak - lak la - da an a rei - gna
 turn - ing around the pre - tty flower. In comes the queen.

