

**POSITIVE  
START 2022**

# EXPRESS YOURSELF

RAP AND HIP HOP - EXPERIENCE, PROGRAM, RESOURCES

**EXPRESS YOURSELF** is a dynamic Hip Hop performance and music making experience featuring touring artists MC Mantra and producer DJ Sizzle\*

**EXPRESS YOURSELF** is targeted at students in years 7-10 but can also be adapted for use in years 5 and 6. The program is a school incursion activity and available FREE to all Victorian Government, Catholic and low fee paying schools throughout Victoria as part of the **Positive Start 2022** program.

**EXPRESS YOURSELF** performances run for approximately **50 minutes** and are available most **Mondays** and **Thursdays** commencing from **March 21** and running throughout the year.

The program focuses on lyric creation, songwriting and personal expression culminating in musical performance. Original work and freestyle delivery will encourage student participation in lyric writing, personal expression and performance.

Participating students gain an insight into writing, composing, producing and performing works of self expression in musical genres not commonly found in schools. This is an inclusive approach requiring no previous musical experience by the participating students.

Following the performance teachers and students can continue their rap and hip hop experience using a suite of free online interactive resources and materials.

For more information, checking or selecting available dates and times visit:

<https://www.musicalfuturesinternational.net/express-yourself.html>

Or call Ken Owen on 0411 694 710

\* MC Mantra and DJ Sizzle are both qualified registered teachers. Musical Futures Australia applies the latest Child Safe and COVID protocols

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