



Singing & Signing Resource Pack

Mama Don't Allow

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Mama Don't Allow - Learning Guide

Range: A Seventh (7 notes - C to Bb)

Parts: 1

You should always read the Singing and Signing Resources Guide in your downloaded resource pack before you start teaching this song to your group. It's important that as the leader you learn the signs first, especially if you're new to signing.

Context

This is a fun and easy-to-learn song and is suitable for all types of groups. We find it especially useful when a group has a wide range of needs and ability levels. It also works well with groups with members that have moderate to complex learning difficulties and who respond well to a range of musical activities within one song.

The version we've recorded here introduces a different instrument for each of the 3 times the verse is repeated. You can split your group up into 3 smaller groups for each instrument (a shaker group, tambourine group and a drum group), or each participant can have all three instruments. The song lends itself well to groups coming up with their own activity types which they can then do in the different verses e.g., sports, food or animals etc. You might like to try this with your group.

Mama Don't Allow has a catchy tune and a simple structure, with the one line being repeated and varied in a memorable way. The signs are very easy to learn and use simple hand shapes, making this song accessible to people with very limited movement.

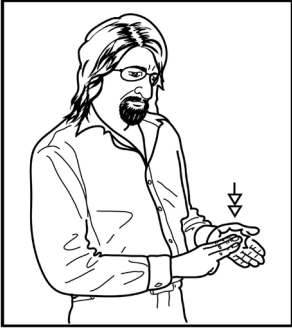

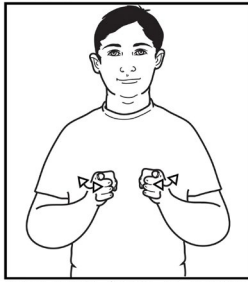

Because the track is quite fast, you might want to slow it down in Speedshifter whilst you are learning it (see


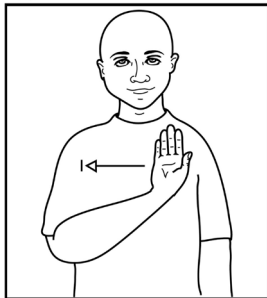
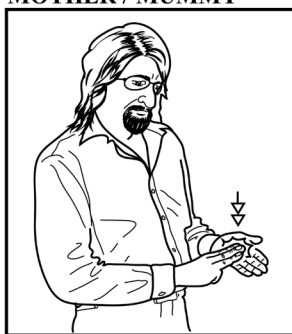

You can watch a full version of this song being performed by one of our leaders [here](#). We've also created [a teaching video of the full song](#) for you to use alongside this resource pack.

Structure

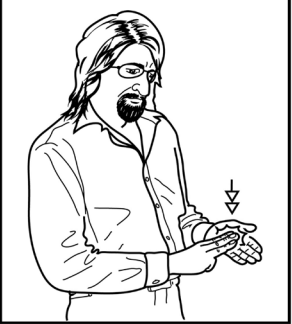
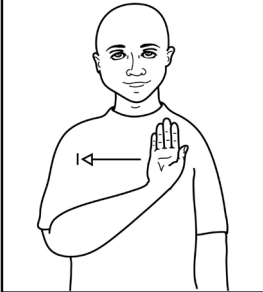


1. There is a 4-bar introduction
2. The verse is sung 4 times
3. There is an 8-bar turnaround between each verse
4. The last line is repeated 3 times, each time getting quieter

Mama Don't Allow - Sign Sheet

MOTHER / MUMMY  <p>Make letter shape "M" twice.</p>	NO  <p>Working flat hand (palm forward, pointing up) moves sharply to working side.</p>	MUSIC  <p>Index hands (palms in, pointing forward) make small outward then inward downward arcs, moving from wrists.</p>	HERE  <p>Indicate place with extended working index (palm back, pointing down). May be directional – no downward movement.</p>	
<u>Mama</u>	<u>Don't allow</u>	No <u>music</u>	Played in <u>here</u>	X2

I / ME  <p>Working index hand points back to chest.</p>	NO  <p>Working flat hand (palm forward, pointing up) moves sharply to working side.</p>	MOTHER / MUMMY  <p>Make letter shape "M" twice.</p>	NO  <p>Working flat hand (palm forward, pointing up) moves sharply to working side.</p>
But <u>I</u>	<u>don't</u> care	What <u>Mama</u>	<u>don't</u> allow

MUSIC  <p>Index hands (palms in, pointing forward) make small outward then inward downward arcs, moving from wrists.</p>
Gonna play my <u>music</u> any old how

<p>MOTHER / MUMMY</p>  <p>Make letter shape "M" twice.</p>	<p>NO</p>  <p>Working flat hand (palm forward, pointing up) moves sharply to working side.</p>	<p>MUSIC</p>  <p>Index hands (palms in, pointing forward) make small outward then inward downward arcs, moving from wrists.</p>	<p>HERE</p>  <p>Indicate place with extended working index (palm back, pointing down). May be directional – no downward movement.</p>
<u>Mama</u>	<u>Don't allow</u>	<u>No music</u>	Played in <u>here</u>