

Town Hall Support Groups

FCGA Chants and Call and response

Courage is taking action when the outcome is uncertain. Bravery is having courage when faced with a potentially harmful outcome. A hero is someone who has courage and demonstrates bravery in pursuit of a noble cause. Rhythm, chants and song have been used in many contexts to support and encourage heroic action.

People have used chants and group call/response, voice and rhythm to provide individual and group support and to encourage hope from the beginning of time. Spiritual leaders, tribal groups and soccer crowd chants being but three examples. These approaches speak to the emotional (right) brain and generate “feelings”. The exercises below are designed to support action, provide a sense of emotional connection with other group members and to strengthen the sense of group belonging and commitment.

1. Unstoppable

I learned this chant from the FridaysforFuture student strikers.

Exercise: the group chants the chant 10 times in an animated manner while making eye contact with others in the group.

“...we are unstoppable, a better world is possible.....”

1.1 “What if.....” Is a short fictional video about a planet on a neighbouring alternate universe that actually “acts”. I recommend it because it shows that “a better world” is possible and what it would look like and several people found it depressing but helpful. What do you think?

Click here [What if...](#)

2. “We will” chant

This chant is designed to support and strengthen feelings of solidarity and hope for success.

We
We know
We know that
We know that we
We know that we will
We know that we will win!
We know that we will win!

3. Courage chant

This chant is particularly powerful when chanted by a group during an action where brave heroes are being arrested etc.

3.1 Group Chant (to be sung at least 10 times)

Courage/courage
Everyone/everyone
You do not act alone/you do not act alone
We shall/we shall
Walk with you/walk with you
and sing your spirit home/and sing your spirit home.

3.2 Chant for a named individual (sung 5 times)

Courage/courage

Our friend NAME/our friend NAME

You do not act alone/you do not act alone

We shall/we shall

Walk with you/walk with you

and sing your spirit home/and sing your spirit home.

4. Video example of the use of song, chant and call/response at a 2019 anti-consumerism action on Black Friday in Vancouver. This action resulted in 6 arrests.

<https://www.facebook.com/xrvanbc/videos/2585449931508298/>