

Obwisana

<https://riverofsong.uk/>



This traditional passing game encourages co-operation.

Sung by children in Ghana it translates as; 'The rock has crushed my hand Grandma, The rock has crushed my hand.' it reassures youngsters that whatever happens someone will always be there to care for and help them.

As in most countries singing games help children learn about their culture and pass on cultural values.

Seated in a circle children place one or two sticks / rocks in front of them. On the first beat of the song they pick up the stick and on the second place it in front of the child on the right. When children are confident the stick can be passed in the opposite direction.

With an excellent beat this song is great for walking / skipping in time to the music while clapping or tapping body parts in time to the music. Wear jingle bells or play other percussion instruments while moving round to enjoy the feeling of strong beats. Encourage the children to listen to each other and stress the beat together.

Ob - wi - sa - na sa na - na, Ob - wi - sa - na sa, Ob - wi - sa - na sa na - na,
Ob - wi - sa - na sa, Ob - wi - sa - na, Ob - wi - sa - na sa,
Ob - wi - sa - na, Ob - wi - sa - na sa, Ob - wi - sa - na sa!

Obwisana sa nana, Obwisana sa,
Obwisana sa nana, Obwisana sa,
Obwisana sa nana, Obwisana sa,
Obwisana sa nana, Obwisana sa.
Obwisana, Obwisana sa,
Obwisana, Obwisana sa,
Obwisana, Obwisana sa,
Obwisana, Obwisana sa,
Obwisana sa!

The rock has crushed my hand Grandma
The rock has crushed my hand!

