

I Will Be Valiant Cup Pattern

How to Play:

- Sing through I Will Be Valiant once before bringing out the plastic cups.
- Explain the rules of using the cups (follow along, don't crush them, etc) and then pass them out.
- You can start the pattern off slowly by simply repeating the lap-lap-palm-palm pattern through the entire song.
- Next, try the knee-knee and switch hands after every line. Repeat for the entire song.
- Finally, try the lap-palm pattern with the cup facing downward.
- Now, show the kids how to add all the pattern together with a short demo that we'll start with our lap-lap-palm-palm pattern, then switch to knee-knee, continue with your other hand, now the upside-down cup for lap-palm. Do you think you can do all those in order? I have one more pattern for us to add to the last part! Try this with me – demonstrate and have the kids try it a few times while you sing the words acapella.
- Sing through I Will Be Valiant with the entire cup pattern.
- Ask for volunteers to come up front and lead the actions and sing through it again!

I Will Be Valiant Cup Pattern:

- Start on "The..." with one tap to the palm. Or, use "The..." as a lead in word only.
- Lap-Lap-Palm-Palm – Repeat 2 taps on the lap and then 2 taps on the palm through "Lord needs / valiant / servan- / ts to do his / work in / the latter / day- / s"
- Knee-Knee – Tap on the right and then the left knee following the fast double-speed. "Who / fol- / low / the teach- / ings / of Je- / sus"
- Switch Hands holding the cup and continue; Knee-Knee "And / serve / his / people / in a / loving / way"
- Flip the cup upside down; Lap-Palm – Using the flat backside of the cup tap lap and palm "I / will / be / his / ser- / vant / / and keep my / cov 'nants / val- / iant / ly"
- Lap-Tap-Tap-Up – Tap lap, then two times on the palm, then raise the cup up high! "I'll / stand-for / truth / I'll / stand-for / right / The / Lord-can / depend / on / m-e / __ /"

Extension Activities:

- You can teach the actions with just their hands first, then pass out the cups after and let them try it with the cups. Or just stick with using this as a hand pattern!
- Let the kids help you come up with a new pattern to try at the end or mix up one of the patterns in the middle, maybe the knee-knee section.
- Switch from using a plastic cup to an egg shaker! Ask them to notice how it changes the feeling of the motion and the sound in the room.



LAP-LAP-

PALM-PALM



KNEE-KNEE

SWAP + REPEAT



FLIP LAP-PALM



LAP-PALM- PALM-UP



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