



Take a minute



'**Take a minute**' is a thought-provoking tune, released in 2009, by Somali-born Canadian hip-hop artist K'naan. An autobiographical tale, the song expresses K'naan's gratitude toward the places and people in his life who have inspired his survival and successes.

Take a minute Lyrics

And any man who knows a thing knows, he knows
not a damn, damn thing at all
And every time I felt the hurt and I felt the givin'
gettin' me up off the wall
I'm just gonna take a minute and let it ride
I'm just gonna take a minute and let it breeze
I'm just gonna take a minute and let it ride
I'm just gonna take a minute and let it breeze
How did Mandela get the will to surpass the
everyday
When injustice had him caged and trapped in
every way
How did Gandhi ever withstand the hunger strikes
and all
Didn't do it to gain power or money if I recall
It's to give; I guess I'll pass it on
Mother thinks it'll lift the stress of Babylon
Mother knows, my mother she suffered blows
I don't know how we survived such violent
episodes
I was so worried, and hurt to see you bleed
But as soon as you came out the hospital you gave
me sweets
Yeah, they try to take you from me
But you still only gave 'em some prayers and
sympathy
Dear mama, you helped me write this, by showing
me to give is priceless
And any man who knows a thing knows, he knows
not a damn, damn thing at all
And every time I felt the hurt and I felt the givin'
gettin' me up off the wall
I'm just gonna take a minute and let it ride
I'm just gonna take a minute and let it breeze
I'm just gonna take a minute and let it ride
I'm just gonna take a minute and let it breeze
All I can say is the worst is over now

We can serve the hard times, divorce is over now
They try to keep us out, but they doors is open
now
My n***a Akon is getting awards for covers now
This is K'naan, and still reppin' the S
Comin' out of Mogadishu and still draped in the
mess
And no matter how we strong, homie
It ain't easy coming out of where we from, homie
And that's the reason why, I could never play for
me
Tell 'em the truth, is what my dead homies told
me
Oh yeah, I take inspiration from the most heinous
of situations
Creating medication out my own tribulations
Dear Africa, you helped me write this, by showing
me to give is priceless
And any man who knows a thing knows, he knows
not a damn, damn thing at all
And every time I felt the hurt and I felt the givin'
gettin' me up off the wall
I'm just gonna take a minute and let it ride
I'm just gonna take a minute and let it breeze
I'm just gonna take a minute and let it ride
I'm just gonna take a minute and let it breeze
Nothing is perfect man, that's what the world is
All I know is
I'm enjoying today
You know, 'cause it isn't everybody that you get
to give
And any man who knows a thing knows, he knows
not a damn, damn thing at all
And every time I felt the hurt and I felt the givin'
gettin' me up off the wall
I'm just gonna take a minute and let it ride
I'm just gonna take a minute and let it breeze
I'm just gonna take a minute and let it ride
I'm just gonna take a minute and let it breeze
I'm just gonna take a minute and let it breeze
Source: [LyricFind](#)



Take a minute



Activity steps

1. Play **Take a minute**.
2. Give each participant a **Take a minute handout**. Walk through the handout, and then play the song again.
3. Arrange participants into small groups or pairs. Ask them to talk about and write answers to the 'reflect and discuss' questions.
4. Debrief with the group.
5. Invite participants to 'get creative' and choose an art activity.

Reflect and discuss

Coping with stress

I'm just gonna take a minute and let it ride/I'm just gonna take a minute and let it breeze
I take inspiration from the most heinous of situations/Creating medication out my own tribulations

- How do you deal with stressful situations? Where did you learn those strategies?
- What inspires you? Give examples.

Influences

Dear mama/you helped me write this/by showing me to give is priceless

Dear Africa/you helped me write this/by showing me to give is priceless

- What does K'naan mean by "to give is priceless"? Do you agree or disagree? Explain.
- What human qualities do you feel are priceless? Why?

Racism and injustice

How did Mandela get the will to surpass the everyday

When injustice had him caged and trapped in every way

How did Gandhi ever withstand the hunger strikes and all

Didn't do it to gain power or money if I recall/It's to give; I guess I'll pass it on

The singer praises historical figures for the way they overcame historical injustices based on racism.

- Who do you look up to? Why?
- Are some ways of dealing with racism and injustice better than others? Explain.

Get creative!

- Make a graffiti wall with 6 or more blank poster boards taped together.
- Identify and present a song of your choice that involves the themes of love and forgiveness, or highlights another way to approach hardship and pain.