1. What is the benefit of the Sinukwan Festival for the local economy?

a) It decreases tourism

b) It causes financial losses

c) It strengthens the local economy

d) It has no impact on the economy

2. What is the aim of the Sinukwan Festival to preserve and disseminate on a global measure?

a) Kapampangan culture

b) Modern technology

c) foreign languages

d) Fashion trends

3. What different activities are part of the Sinukwan Festival?

a) Street dancing, parades, and cultural shows

b) Cooking competitions

c) Fashion shows

d) All of the above

4. What role does it play in nurturing unity and pride among the Kapampangan people in the Sinukwan Festival?

a) It encourages isolation

b) It promotes competition

c) It divides the community

d) It fosters a sense of belonging and pride

5. What is the best description of the Sinukwan Festival?

a) A food festival

b) A sports event

c) A modern dance competition

d) A celebration of Kapampangan culture and heritage

LIVEWORKSHEETS

1. What do you call the circle dance performed during the Bindiyan festival?

_____

_____

2. Do the dancers wear costumes when they dance?

_____

_____

3. What are the different instruments you observe while watching the video performances?

_____

_____

4. How will you respond whenever you hear the sound of gongs (gangsa) and sulibao?

_____

_____

5. Who among you has already witnessed/experienced the Benguet Dance Festival or the Bindiyan Festival? What activities do you usually observe in Bindiyan festival?

_____

_____

6. Bendiyan means

_____

_____

7. Bendian dance is a significant dance and it originated in

_____

_____

_____1. To move the body and feet to the music.



_____2. Ceremonial dance of the Igorot.

LIVEWORKSHEETS



_____3. It is a wrap-around skirt for women.

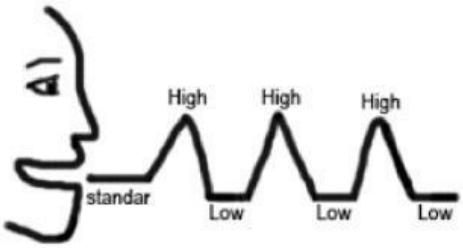


_____4. A traditional loincloth worn by men in the Igorot ethnic group.



_____5. The highness and lowness of a sound.

LIVEWORKSHEETS



_____6. The instrument is heated, then pounded and bent using a metal cylinder to create a particular sound.





_____7. The instrument is played by striking the drumhead using the palm.







LIVEWORKSHEETS

In a ¼ sheet of paper, draw a smiling face emoji ☺ if the statement is a fact and a frowning face emoji ☹ if it is a bluff.

1. The main instruments playing the Bendian dance are gangsa and solibaos.

2. The traditional attire of the Igorots of Benguet includes kambal, bahag, eten, shenget, and ketep.

3. In Bendian dance only the elderly men and women can participate.

4. Bendian is performed to celebrate a bountiful harvest only.

5. The traditional attire of the Igorot reflects their way of life, culture, personalities, religious practices, and rituals

_____1. is a way to convey feasting, happiness, or festivity.

_____2. dances while wearing a sarong and a blanket. Their attire is colorful, and they are in a striped pattern.

_____3. which means fly among the Igorots

_____4. represents bravery and self-confidence during the tayaw

LIVEWORKSHEETS

_____5. represents humility and submission.

_____6. The dancers occasionally _____into the sky and then down at the floor, signifying a request for fertility and an abundant crop.

_____7. pairs of dancers

_____8. Instrumentalists

_____9. gong players

_____10. solibao players

_____11. takik player

_____12. male dancer called

_____13. female dancer called

_____14. while they were dancing tayaw, _____ was offered to them

_____15. A _____in the form of a wish is said aloud to the dancers during the music playing as an offering to the spirits

LIVEWORKSHEETS