

A GLIMPSE OF PHILIPPINE MATERIALS FOR TEACHING

FROM FIELDWORK TO PUBLICATION

Presented by Dr. Miriam B. Factora
Thursday, 2026 June 25 | Kodály Institute, CSUB

These materials provided in the workshop are shared with you for your own individual non-commercial and informational purposes only, and are to be used with utmost discretion and propriety. Please secure written consent of Dr. Factora in the event that you want to use these materials for other purposes at hello@miriamfactora.com.

1. Manga Wata sa Ripag

- **LANGUAGE:** Maguindanaon
- **SOURCES OF INFORMATION:** Teachers of Cotabato City, 1999
- **PUBLICATION:** Philippine Children's Songs, Spoken Rhymes and Games for Teaching, Book One, (2nd Edition) by Miriam B. Factora (2025)
- **TRANSLATION:**
Oh, children on the side of the river
Don't dare to swim over there
There's a color changing snake and wild deadly crocodile

1
Ma - nga wa - ta sa ri - pag
Ma - nga ba - ta sa *ri - pag

2
Di ka - no pa - pa - i - go ka
Wag sa i - log lu - ma - ngoy May

3
ba - ba - re - ka a ni - pay
a - has nag - i - bang ku - lay

4
Tu - ri - san a bu - wa - ya
At ma - ta - pang na b'wa - ya

2. Papanok a Lakitan

- **LANGUAGE:** Maguindanaon
- **SOURCES OF INFORMATION:** Teachers of Cotabato City, 1999
- **PUBLICATION:** Philippine Children's Songs, Spoken Rhymes and Games for Teaching, Book One, (2nd Edition) by Miriam B. Factora (2025)
- **TRANSLATION:**
Messenger bird, messenger bird
Tell my loved one that I am not very far



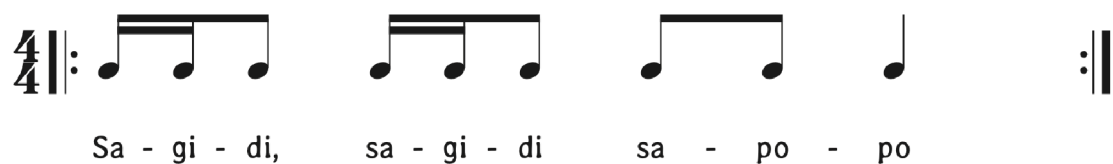
Pa - pa - nok a la - ki - tan

Pa - pa - nok a la - ki - tan

I - la - kit a - ko neng - ka ki di ko ma - wa - tan ga - ling.

3. Sagidi Sapopo (vocables)

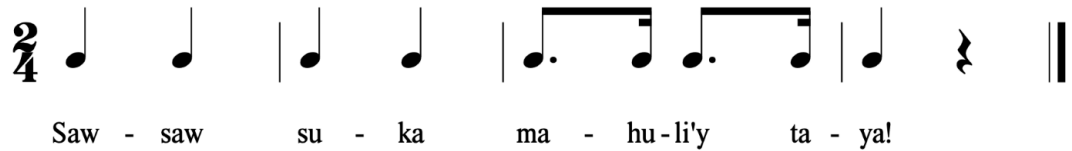
- **SOURCES OF INFORMATION:** High Students of St. Joseph's College, Quezon City, 1985
- **PUBLICATION:** Musical Folk Games of Manila, Philippines by Miriam B. Factora (3rd edition 2024)
- **TRANSLATION:** no meaning



Sa - gi - di, sa - gi - di sa - po - po

4. Sawsaw Suka

- **LANGUAGE:** Tagalog/Filipino
- **SOURCES OF INFORMATION:** High Students of St. Joseph's College, Quezon City, 1985
- **PUBLICATION:** Musical Folk Games of Manila, Philippines by Miriam B. Factora (3rd edition 2024)
- **TRANSLATION:** Dip into the vinegar
Whoever gets caught is the "it"



5. Tikong-Tiko

- **LANGUAGE:** Bikolano
- **SOURCE OF INFORMATION:** Mely Coronado, Iriga City, Camarines Sur, 2000
- **PUBLICATION:** Tikong-Tiko (Very Crooked) by Miriam B. Factora (2024)

Em

1. Nag - la - kaw a - ko sa ti - kong ti - nam - po,

5

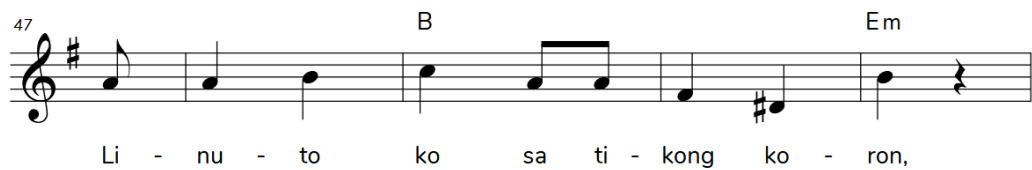
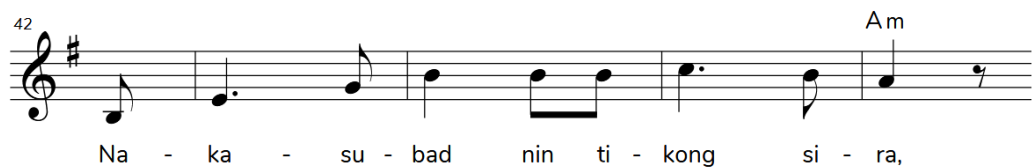
Na - ka - ku - a nin ti - kong pi - so,

10

Pi - na - ra ko si ti - kong aw - to,

15

Ang tsu - per ti - kong ta - wo.



Filipino Version by Miriam B. Factora

Em

1. Nag-la - kad a - ko sa li - kong kal - sa - da,

5

Na - ki - ta ko ang li - kong pi - so,

10

Pi - na - ra ko ang li - kong aw - to,

15

Ang tsu - per li - kong ta - o.

19 ^{Em}

2.Nag - la - kad a - ko sa li - kong lan - sa - ngan,

23 ^{Am}

Na - ki - ta ko ang li - kong sun - dang,

28 ^B ^{Em}

Pi - nu - tol ko ang li - kong ka - wa - yan,

33 ^{Am} ^B ^{Em}

Gi - na - wa kong li - kong pa - ming - wi - tan.

37 ^{Em}

3.Na - ming - wit a - ko sa li - kong sa - pa,

41 ^{Am}

Na - ka - hu - li ng li - kong is - da,

46 ^B ^{Em}

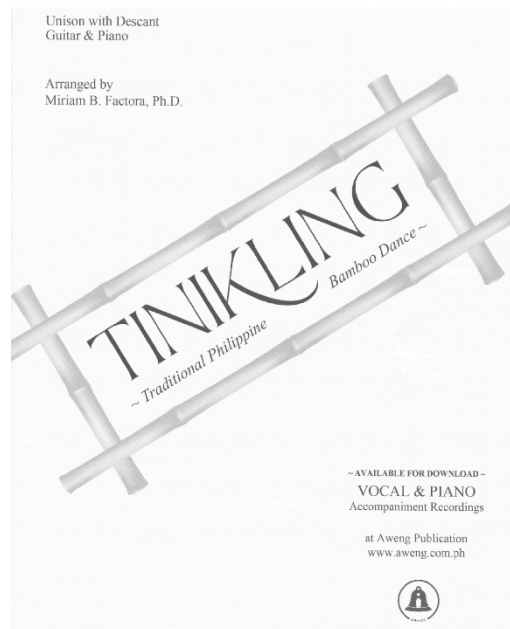
Ni - lu - to ko sa li - kong pa - la - yok,

51 ^{Am} ^B ^{Em}

Ti - nik - man ko't ma - li - nam - nam.

6. Tinikling (Philippine Bamboo Dance)

- LANGUAGE: Tagalog/Filipino



Tinikling

Philippine Traditional Bamboo Dance

Arranged for treble voices (unison with descant) by

Miriam B. Factora

Intro: G D G

May a - raw sa bu - kid ang ma - ya'y u - ma - a - wit,

Sam - pa - gui - ta't kam - pu - pot may gan - da't a - lin - dog,

Mag - sa - yaw sa sa - liw ng tug - tu - gin,

Hu - mak - bang, hu - mak - bang ng hak - bang Ti - nik - ling.

Kay sa - ya - sa - yang su - ma - yaw ng Ti - nik - ling,

Ka - i - ga - i - ga - yang i - bong sa 'tin,

Sa bu - ong mun - do ban - ya - ga'y na - ha - li - na,

Ta - yo'y u - min - dak sa sa - yaw ng Ti - nik - ling.

17

Ilu - mak - bang, hu - mak - bang ng hak - bang ti - nik - ling.

21

f

Kay sa - ya - sa - yang su - ma - yaw ng ti - nik - ling,

25

Ka - i - ga - i - ga - yang i - bong sa 'tin,

29

Sa bu - ong mun - do ban - ya - ga'y na - ha - li - na,

33

Ta - yo'y u - min - dak sa sa - yaw ng ti - nik - ling.

37 *mp*

La la la la la la

mf

May a - raw sa bu - kid ang ma - ya'y u - ma - a - wit,

41

la La la la la la la

Sam - pa - gi - ta't kam - pu - pot may gan - da't a - lin - dog,

45

la Ta - yo na't hu - mak -

Mag - sa - yaw sa sa - liw ng tug - tu - gin,

49

bang Sa sa - yaw ng ti - nik - ling.

Hu - mak - bang, hu - mak - bang ng hak - bang ti - nik - ling.

53

59

mf

May a - raw sa bu - kid ang ma - ya'y u - ma - a - wit,

63

Sam - pa - gi - ta't kam - pu - pot may gan - da't a - lin - dog,

67

Mag - sa - yaw sa sa - liw ng tug - tu - gin,

71

Ilu - mak - bang, hu - mak - bang ng hak - bang ti - nik - ling.

75

f

Kay sa - ya - sa - yang su - ma - yaw ng ti - nik - ling.

79

Ka - i - ga - i - ga - yang i - bong sa 'tin.

83

Sa bu - ong mun - do ban - ya - ga'y na - ha - li - na,

87

Ta - yo'y u - min - dak sa sa - yaw ng ti - nik - ling.

91

mp

mf La la la la la la

May a - raw sa bu - kid ang ma - ya'y u - ma - a - wit,

95

la la la la la la la la

Sam - pa - gi - ta't kam - pu - pot may gan - da't a - lin - dog,

99

la Ta - yo na't hu - mak -

Mag - sa - yaw sa sa - liw ng tug - tu - gin,

103

bang Sa sa - yaw ng ti - nik - ling.

Hu - mak - bang, hu - mak - bang ng hak - bang ti - nik - ling.

107

rit. e cresc. **f**

Sa sa - yaw ng ti - nik - ling!

rit. e cresc. **f**

Hu - mak - bang, hu - mak - bang ng hak - bang ti - nik - ling!

rit. e cresc.

PUBLICATIONS

-- DR. MIRIAM B. FACTORA --

Creative Music Teaching at the Elementary Level

Musical Folk Games of Manila, Philippines (3rd edition) (also available on Amazon)

Philippine Children's Songs, Spoken Rhymes, and Games
for Teaching, Book One (2nd Edition) (also available on Amazon)

Philippine Children's Songs, Spoken Rhymes, and Games
for Teaching, Book Two

Aweng ti Kailokuan: The Musical Heritage of the Ilocanos, Book One

Aweng ti Kailokuan: The Musical Heritage of the Ilocanos, Book Two

Tarong, Kamatis, Paria (also available on Amazon)
(Eggplant, Tomato, Bitter Melon)

Tinikling (choral arrangement in unison with descant)

To know more about these publications, visit

www.miriamfactora.com

MIRIAM  FACTORA

Aweng Publication

www.aweng.com.ph



CLAIM YOUR DISCOUNT

-- DIGITAL EDITIONS AVAILABLE --

Dr. Miriam B. Factora's publications are available in digital format at
www.aweng.com.ph

CSUB Exclusive

Enjoy a 20% discount from June 25-July 3, 2026

Use Coupon Code: 2026CSUB20OFF

Experience the Story in every Format Trade Paperback, eBook, and Audio Recordings

Complete and Enjoy the Collection from Pages to Audio

