BROOKLYN ARTS COUNCIL

YOUR GUIDE TO SOCA



Soca is a form of Trinidadian music developed in the 1970s. It is related to calypso music and often associated with Carnival.



What is Soca?

YOUR GUIDE TO SOCA

The term "soca" was coined by the 1970s Trinidadian calypso singer, Lord Shorty. Soca is both a fusion of calypso and East Indian music, and sometimes thought of as "soul calypso." The style emphasizes synth mixes, multi-track recording, and energetic rhythmic patterns.

It draws upon West African and Indian drumming and percussion, African American gospel vocals, and traditional calypso sounds. There are various types of soca music: ragga soca, chutney soca, groovy soca, each with its own tempo and style drawing upon different influences.

For more resources on how traditional arts can heal Brooklyn communities, visit our site at brooklynartscouncil.org

Finding joy: mindfulness activities for practicing joy

Healing with Soca

Look at your surroundings. See a tree, a wall, a lamp, whatever is in your field of vision. See also the space around the lamp. Look at yourself, in a reflection or in your body. Extend your arms beside you and in front of you. Take up space. Move with the sounds you hear!





AFTER:

Engage joy in all your senses.
Listen to a song you love.
Taste a treat you enjoy.

REFLECT:

Write down three things you are grateful for.

Where do you feel most like yourself? Share with friends and family if you'd like.



For more resources on how traditional arts can heal Brooklyn communities, visit our site at brooklynartscouncil.org



Volunteers are paired with neighbors who need help.

In support of Brooklyn traditional communities, BAC lists

Local Mutual Aid

Bed-Stuy Strong: bedstuystrong.com Instagram: @bedstuystrong

Bushwick Ayuda Mutua: bushwickayudamutua.com Instagram: @bushwickayudamutua

Bedford Stuyvesant Preservation Coalition: preservebedstuy.org Instagram:@preservebedstuy

Crown Heights Mutual Aid: crownheightsmutualaid.com Instagram: @crownheightsaid

East Brooklyn Mutual Aid: campsite.bio/eastbrooklynmutualaid Instagram: eastbrooklynmutualaid

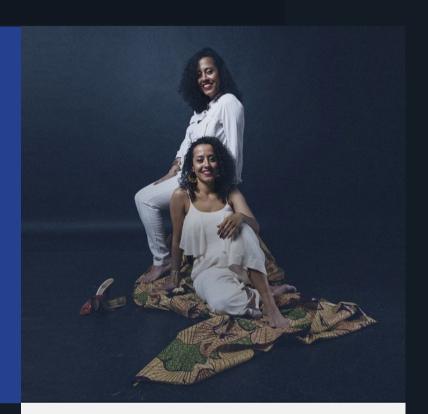


For more resources on how traditional arts can heal Brooklyn communities, visit our website at brooklynartscouncil.org

BROOKLYN ARTS COUNCIL

Blogs, Podcasts and more, Online Now

EXPLORE + LEARN!



- A mix of live music, digital arts, and impactful community healing spaces open to all Brooklyn neighborhoods.
- The events will have a number of popular local musicians like Zane Rodulfo, Vong Pak, Samir Langus, Aeilushi Mistry, and Martin Vejarano.

WELLNESS FESTIVAL Coming in June 2022

For more resources on how traditional arts can heal Brooklyn communities, visit our website at brooklynartscouncil.org