

take what you need

Reena Esmail

A melody + response

Tenderly (♩=80)

audience/
community

S.

if one on a part, use "na"
for all chorus sections
("nu" ok for interludes)

A.

T.

B.

Take a mo- ment

Take a mo-ment

Take a

pp mp simile

nu nu nu nu nu nu nu nu nu nu nu nu

pp mp simile

nu nu nu nu nu nu nu nu nu nu nu nu

pp mp simile

nu nu nu nu nu nu nu nu nu nu nu nu

7

Take a breath

Take time

Take care

S.

breath

Take time

Take care

Take

A.

nu nu nu nu nu nu nu nu nu nu nu nu

T.

nu nu nu nu nu nu nu nu nu nu nu nu

B.

nu nu nu nu

13

Take__ heart Take__ hope Take a step

S. heart Take_ hope Take a a step Take a

A. nu nu__ nu nu nu nu__ nu nu nu nu nu__ nu nu

T. nu nu nu nu nu nu nu nu nu nu nu nu__

B. nu__ nu nu__ nu nu__ nu

19

Take a chance Take__ cou- rage Take__ charge

S. chance Take_ cou rage Take_ charge Take a

A. (stagger breaths A/T/B)
nu nu__ nu nu na na__ na na na__ na

T. *mf*
nu nu nu nu na na na na

B. *mf*
nu__ nu na__ na__ na

25

Take a stand Take pride Take joy

S. stand Take pride Take joy Take

A. na na na na na na na na na na

T. na na na na na na

B. na na na na

f

31

Take pause Take a moment Take a breath

S. pause Take a moment Take a breath Take what you

A. *mp* na na na nu nu nu nu nu nu nu Take what you

T. *mp* na na nu nu nu nu nu nu nu Take what you

B. *mp* na nu nu Take what you

p

3

37

Take ___ what you need Take ___ what you need

S. need Take ___ what you need Take ___ what you

A. need Take what you need Take what you

T. need Take what you need Take what you

B. need Take what you need Take what you

41

Take ___ what you need

S. need Take ___ what you need

A. need you need

T. need Take ___ what you need

B. need you need

45 Interlude

stagger breathing

p

S. nu nu nu nu nu

A. nu nu nu nu nu

T. nu nu nu nu nu

B. nu nu nu nu nu

54

mp *p*

S. nu nu nu nu nu

A. nu nu nu nu nu

T. nu nu nu nu nu

B. nu nu nu nu nu

62

S. *mf*

A. *mf*

T. *mf*

B. *mf*

nu nu nu nu nu nu nu

nu nu nu nu nu nu nu

nu nu nu nu nu nu nu

nu nu nu nu nu nu nu

70

loop if necessary (or skip entirely)

S. *p*

A. *p*

T. *p*

B. *p*

nu nu nu nu nu

nu nu nu nu nu

nu nu nu nu nu

nu nu nu nu nu

B Full choir - homophony

77

Take a mo- ment

S. nu nu Take a mo- ment Take a

A. nu nu Take a mo- ment Take a

T. 8 nu nu Take a mo- ment Take a

B. nu nu Take a mo- ment Take a

83

Take a breath Take time Take care

S. breath Take time Take care Take

A. breath Take time Take care Take

T. 8 breath Take time Take care Take

B. breath Take time Take care Take

89

Take heart Take hope Take a step

S. heart Take hope Take a step Take a

A. heart Take hope Take a step Take a

T. heart Take hope Take a step Take a

B. heart Take hope Take a step Take a

95

Take a chance Take courage Take charge

S. chance Take courage Take charge Take a

A. chance Take courage Take charge Take a

T. chance Take courage Take charge Take a

B. chance Take courage Take charge Take a

101

Take a stand Take pride Take joy

S. stand Take pride Take joy Take

A. stand Take pride Take joy Take

T. stand Take pride Take joy Take

B. stand Take pride Take joy Take

107

Take pause Take a moment Take a breath Take what you

S. pause Take a moment Take a breath Take what you

A. pause Take a moment Take a breath Take what you

T. pause Take a moment Take a breath Take what you

B. pause Take a moment Take a breath Take what you

113

Take__ what you need Take__ what you need Take__ what you

S. need_____ Take__ what you need_____ Take__ what you need_____

A. need_____ Take what you need_____ Take what you need_____

T. need_____ Take what you need_____ Take what you need_____

B. need_____ Take what you need_____ Take what you need_____

118

need Take__ what you need

S. Take__ what you need Take__ what you need Take__ what you

A. you need_____ nu_____

T. Take__ what you need nu_____

B. you need_____ nu_____

123

S. Take what you need Take what you need

need Take what you need Take what you need

A. nu nu nu

T. nu nu nu

B. nu nu nu