

HOW TO Sing

**Presented by Marvelous Max
Upper Primary**



JODIE O'REGAN

1. Space in the Mouth

Musical instruments have space – a hollow shape that fills up with sound. This makes the sound richer.

Singers make SPACE inside their mouths by lifting up the roof of their mouth, at the back.

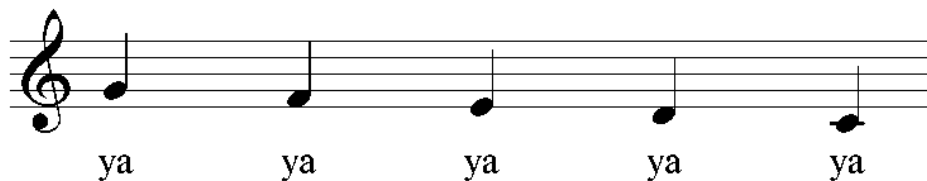
This feels a little bit yawny.

What You Do

♪ Breathe in yawny. Breathe out.

♪ Breathe in yawny. Breathe out with a big sigh - *Aaaaah*.

♪ Breathe in yawny. Sing



SONG

In singing lessons we learn little songs to practice with.
Rose Rose Rose Red is first. The songs are all at the back of the book.

FOR PRACTICE

Sing a song you know breathe in yawny and hold that yawny feeling as you sing.

2. Focus in the Face

REVISION

Sing Rose Rose Rose Red, with a yawny feeling.

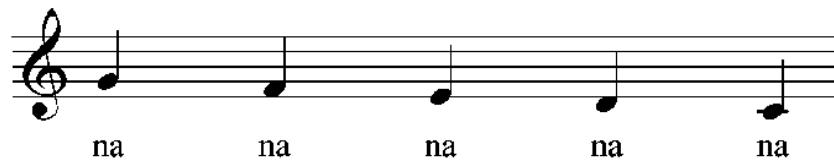
Some space in our mouth makes our voices sound stronger. It feels like we are singing into our faces. This is called FOCUS.

What You Do

♪ Say *nnnnnn*. Loud and buzzy. Like an annoying Mozzie. Feel the sound in your cheeks, near your nose.

♪ Say *nnnnn-aaaaah*. *with* the sound in your cheeks.

♪ Sing



SONG

Sing Rose Rose Rose Red, with the sound in your cheeks.

FOR PRACTICE

1. breathe in yawny
2. na na na na na
3. Sing any song you know well with FOCUS and yawny space.

3. Doing Nothing

REVISION

You have learnt to make space in your mouth. Show your teacher.

You have learnt about focus. Show your teacher.

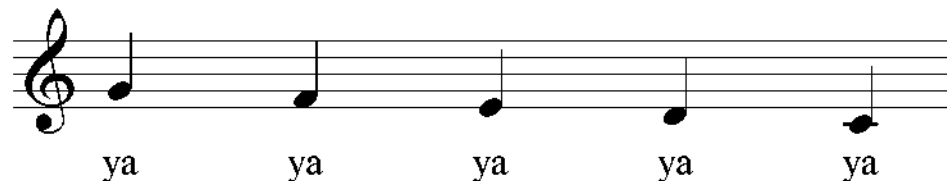
You lift the roof of your mouth to make space. Does moving other parts of the body help? Your teacher will demonstrate.

Singers need to keep their body still.

What You Do

- ♪ Stand in front of a mirror. Admire how much nothing you are doing.
- ♪ Breathe in yawny and sigh out – *aaaaah*. Do nothing with your shoulders, neck and chin.

♪ Sing



Doing – nothing!

SONG

Sing Rose Rose Rose Red and practice doing nothing.

FOR PRACTICE

Sing Rose Rose Rose Red in front of a mirror and watch your shoulder, jaw, arms and head. Check they are doing nothing.

4. Lifting Your Voice

REVISION

Last lesson you practiced doing nothing. Show your teacher, as you sing a song.

Singing voices go higher than speaking voices. High notes will feel different to talking.

What You Do

- ♪ Listen to your teacher sing a high note.
- ♪ Sing the high note – feel as if the high note above your eyebrows.

SONG

Sing Rose Rose Rose Red. Where is the high phrase? Put your voice above your eyebrows for that phrase.

FOR PRACTICE

Sing Rose Rose Rose Red and lift your voice.

Sing the song you have been learning in lessons, with lift.

5. Balloon in your throat

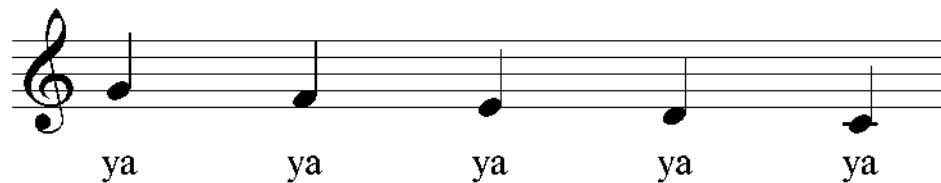
REVISION

Last lesson you lifted your voice for high notes.
Show your teacher.

You make space in your throat. Imagine that you have a little balloon in your throat. When you breathe in it gently fills up with air.

What You Do

- ♪ Breathe in gently and slowly. Your throat fill up with air, like an inflating balloon. Then sigh.
- ♪ Breathe in, fill up your throat and sing



SONG

Sing Rose Rose Rose Red, and breathe in gently and slowly, making space in your throat.
This week you will start learning White Pigeon Song.

FOR PRACTICE

Sing Rose Rose Rose Red and breathe in gently, filling the balloon in your throat.

6. Dopey Dopey Singing

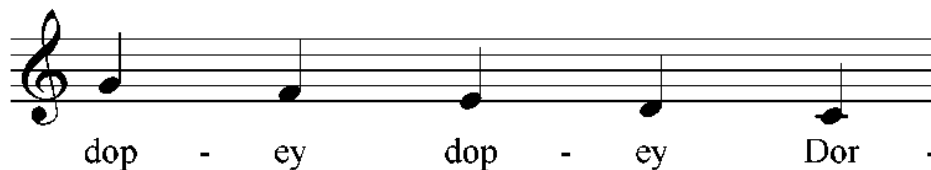
REVISION

Last lesson you breathed in and gently inflated a balloon in your throat. Sing Rose Rose Rose Red with this feeling.

When you open your throat up with the balloon, you can make your voice sound dopey. This will sound a bit silly for talking but it's great for singing.

What You Do

- ♪ Breathe in gently and slowly. Fill up your balloon. Breathe out with a dopey sounding sigh.
- ♪ Say "Dopey Dopey Dopey, how do you do?" with a very dopey voice.
- ♪ Sing with a very dopey voice



SONG

Sing White Pigeon Song very dopey.

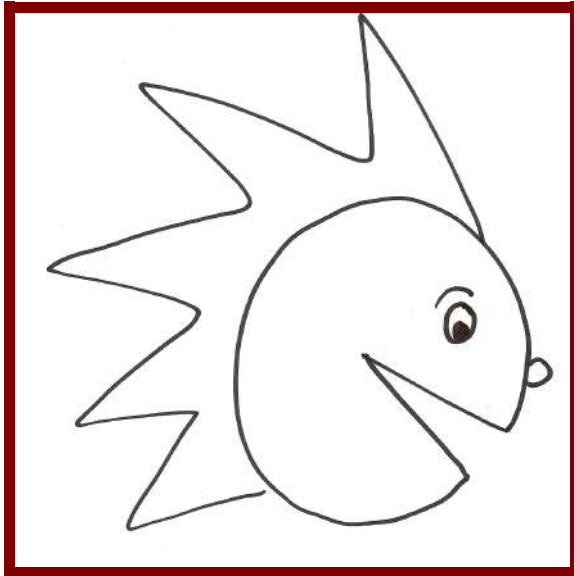
FOR PRACTICE

Sing Rose Rose Rose Red and White Pigeon Song. Breathe in gently into the balloon in your throat. Feel dopey as you sing the words.

7. Meeting Marvelous Max

REVISION

Sing Rose Rose Rose Red, filling the balloon in your throat. Sing with a dopey sound.



Here is Marvelous Max.
The back of Max's mouth is higher than the front of his mouth.

This means he sings downhill into the front of his face.

Singing like Max combines SPACE – lifting up the back of our mouths with FOCUS – putting our voice into our face.

What You Do

♪ Breathe in lifting the back of your mouth into Max position.

♪ Sing



♪ Feel your voice singing downhill into your focus. Hooray for Max!

SONG

Sing Rose Rose Rose Red and White Pigeon Song in Max position.

FOR PRACTICE

Sing Rose Rose Rose Red, White Pigeon Song and any other songs you like in Max position. Feel SPACE and FOCUS working together.

8. Robot Mouth

REVISION

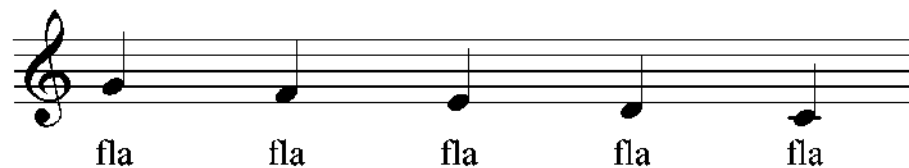
Last lesson you met Max. Sing the Max exercise.

You are a robot. Built by Fred. The very last piece of you he put on was your jaw. He attached your jaw just under your ears. Fred put the bolts in loosely and was about to tighten them when the phone rang. Fred forgot about your jaw joints. He shipped you out with a loose jaw. As you know, you've been working just fine, but your jaw joints are very loose. When you sing, your jaw is loose at the joints and swings down.

What You Do

♪ Say *fla fla fla* with loose jaw bolts.

♪ Sing



SONG

Sing Rose Rose Rose Red and White Pigeon Song with a loose, robot jaw.

FOR PRACTICE

Sing Rose Rose Rose Red with a robot jaw.
Sing White Pigeon Song with a robot jaw.

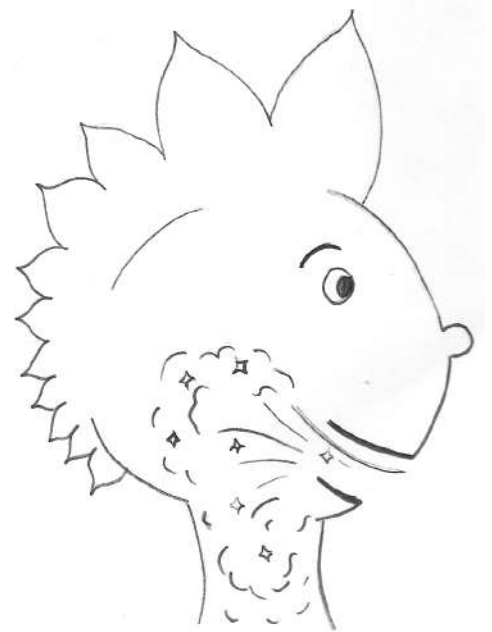
9. Magic Air

REVISION

You discovered you were a loose jaw robot. Sing the robot exercise.

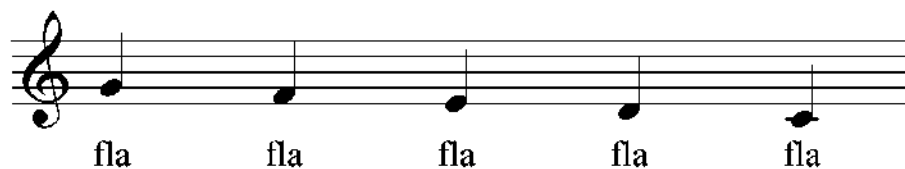
You make space when you breathe in.
in your mouth – with a yawny feeling.
in your throat with the balloon.

It feels like the air you breathe in is magic – as you breathe in the air magically opens up space inside you mouth and throat.



What You Do

- ♪ Breathe in magic air gently. Feel the magic air expand inside your mouth and throat. Sigh.
- ♪ Breathe in magic air and sing



SONG

Sing Rose Rose Rose Red and White Pigeon Song using magic air.

FOR PRACTICE

Sing Rose Rose Rose Red with magic air.
Sing White Pigeon Song with magic air.

10. Holding the Song

REVISION

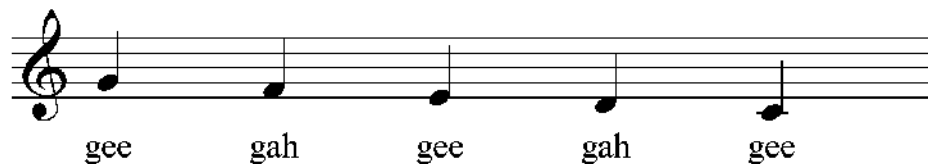
Last lesson you breathed in magic air. Sing White Pigeon Song using magic air.

You have been creating space when you breathe in. Use this space for singing and fill it with your voice. This feels like holding the song inside your space. It is lovely and round, like a big Easter egg.

What You Do

♪ Breathe in magic air gently.

♪ Sing



filling the space up with a round, yummy sound.

SONG

Sing Rose Rose Rose Red. Hold the sound in a lovely big egg shape.
Sing White Pigeon Song.

FOR PRACTICE

Sing Rose Rose Rose Red and White Pigeon Song holding the song inside the space.

11. Space Songs

You have learned ways to create space inside you, to make your normal voice into a music instrument. Today is show and tell day!



You make space when you breathe in, using the roof of your mouth. How do you do this? Show your teacher.



Where does focus feel? Show your teacher.



What marvelous character helps you combine focus and space?



You make space in your throat when you breathe in. How do you do this? Show your teacher.



You make space by relaxing your jaw. How do you do this?



When you breathe in, you breathe in magic air. How do you do this?



When you sing, you fill the space up with sound. How do you do this? Show your teacher.

SONG

You have learnt two songs to sing with SPACE.
Sing Rose Rose Rose Red and White Pigeon Song.

12. Robot Focus

REVISION

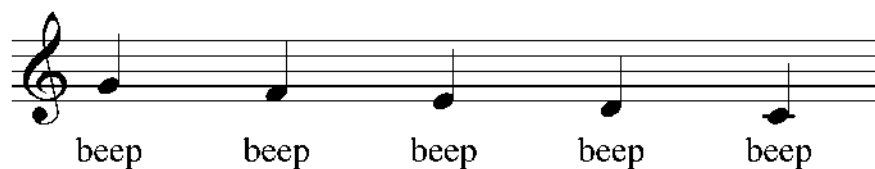
Last lesson was show and tell about space. Sing Rose Rose Rose Red or White Pigeon Song.

You have already met FOCUS. Where does FOCUS feel and how can you use it? Now you will learn more ways to create FOCUS.

What You Do

♪ Say *beep beep* – like a robot. Feel the FOCUS.

♪ Sing



in robot voice.

♪ Sing (beep) London Bridge is Falling Down in Robot.

SONG

Sing Jubilate Deo as a robot. Then learn the human words.

FOR PRACTICE

Beep like a robot as often as you can. Beep the songs you sing at home.

13. Celeste – comet girl

WARM UP – SPACE. How will you make space today?

REVISION

Where is focus?. Sing the robot exercise, and Jubilate Deo with robot focus.



When you use FOCUS keep your SPACE. Put a comet in your mouth to do this. Like Celeste.

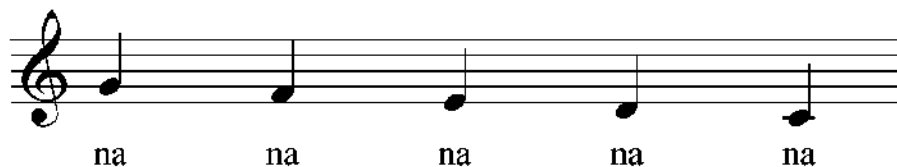
A comet is made up of
a bright star – FOCUS
The tail – SPACE.

The tail opens up your mouth and throat behind the star.
The star and the tail work together.

What You Do

♪ Breathe in magic air, making lovely space.

♪ Sing with long, slow notes



Feel the tail and the star.

SONG

Sing Jubilate Deo slowly, with a bright star for FOCUS and a relaxed, open tail for SPACE.

FOR PRACTICE

Sing Jubilate Deo with a comet in your mouth.

14. No I wont

WARM UP How will you make space today?

REVISION

The comet means bright FOCUS, while you keep open and relaxed behind the FOCUS. Sing Jubilate Deo using the Comet.

When toddlers have whingy tantrums, they want everyone to hear them. So they focus their voices very well.

What You Do

♪ Have a tantrum. Say *No I Wont!* Whinging and whiny. (Sooky tantrum not shouty tantrum.)

♪ Sing



♪ Sing Jingle Bells changing the words all to *No*. Sing whingy and whiny.

SONG

The Special No Song. There are plenty of NO's in this song. Keep the FOCUS for all words.

FOR PRACTICE

Throw some tantrums. But not at you parents please.
Sing songs that you know well, and sing NO.
Sing the NO song with whingy tone.

15. Empty Head Singing

WARM UP – How will you make space today?

REVISION

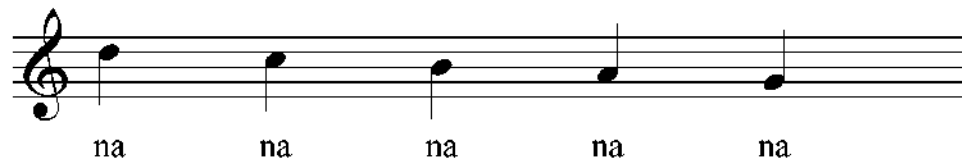
Whinging helps FOCUS. Sing Jingle Bells on NO, and use a whingy tone.

Of course Singers are incredibly brainy people!
But it helps our focus if we imagine our heads are completely empty.
When we sing, our voices fill up our empty heads.

What You Do

- ♪ Breathe in, imagine the air filling up your empty head.
- ♪ Sing a high *nnnnnn* feeling the sound right at the top of your head.
- ♪ Sing *nnnnn-aaaaaah* the *aaaaaah* feels like it burst out the top of your head.

♪ Sing



SONG

Sing the Special No song and fill your head with song.
Sing Jubilate Deo the same way.

FOR PRACTICE

Sing Rose Rose Rose Red, White Pigeon Song and Jubilate Deo.
Use your Head!

16. Princess Fancy Pants

WARM UP – How will you make space today?

REVISION

Sing Jubilate Deo and fill your head with sound.

Time to meet Princess Fancy Pants. A young lady with a very focused voice indeed.

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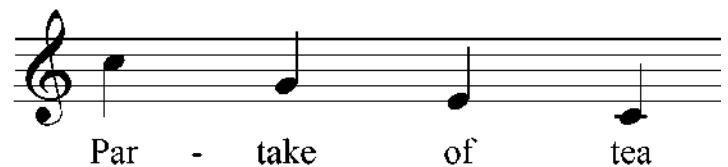
Speaking like this sounds very silly! But it is great for singing.

What You Do



♪ Say *would you care to partake of tea?* in Princess Fancy Pants voice.

♪ Keep the same voice and sing



SONG

Sing Alleluia using Princess Fancy Pants tone.

FOR PRACTICE

Sing Alleluia with Princess Fancy Pants tone.

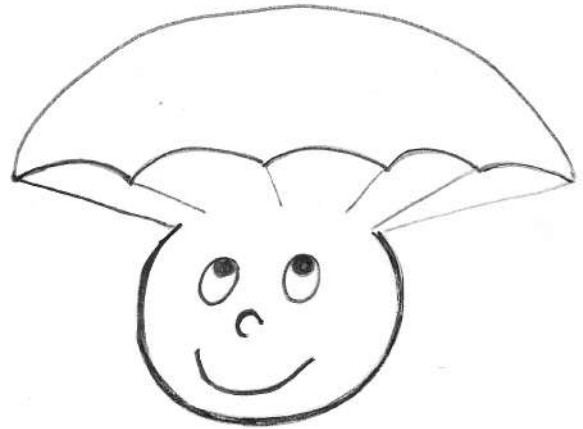
17. Parachuting

WARM UP – How will you make space today?

REVISION

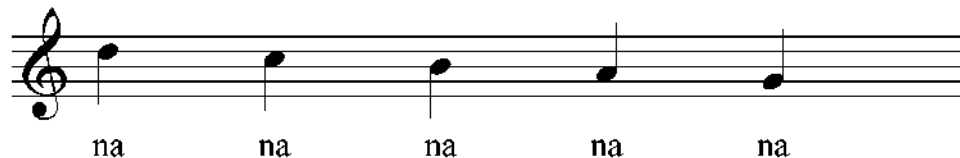
Speak then sing Jubilate Deo and Alleluia with a Fancy Pants voice.

You can feel FOCUS on the top of your head.
Your head FOCUS is like a parachute and you keep it floating using your voice.

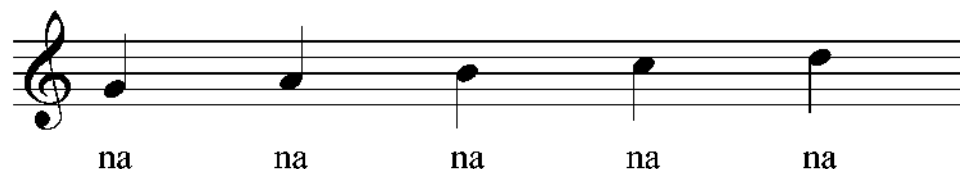


What You Do

- ♪ Breathe in, filling up your empty head.
- ♪ Hold the parachute up for each note as you sing



- ♪ Sing going up, starting with the same high feeling.



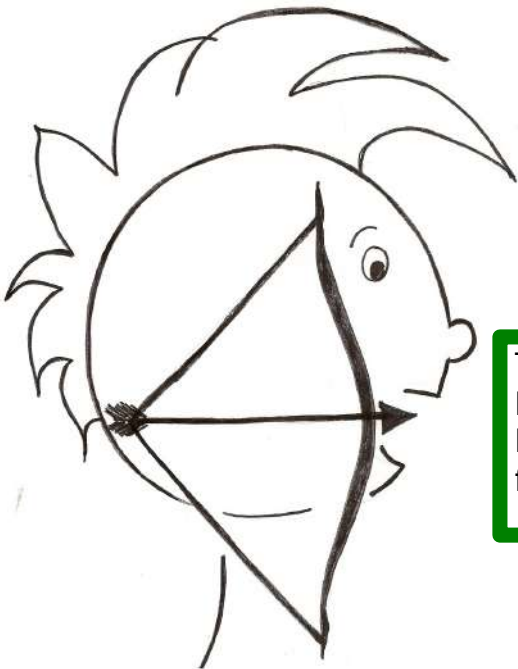
SONG

Sing Jubilate Deo and Alleluia and parachute down onto each note.

FOR PRACTICE

Sing Jubilate Deo and Alleluia and parachute down onto each note.

18. Shooting Arrows



WARM UP – How will you make space today?

REVISION

Sing Jubilate Deo and Allelujah with parachute.

To use breath and focus together shoot arrows. Breathe in and pull back the bow. Each note you sing is an arrow, shooting into your focus.

What You Do

- ♪ Breathe in, making SPACE. This is pulling back the bow.
- ♪ Say *beep beep* - very focused, sharp arrows.
- ♪ Sing Jubilate Deo changing the words to *beep*. Each beep is a sharp arrow into your FOCUS.

SONG

Sing Rose Rose Rose Red, Staccato – little sharp arrows.
Then Legato – one long arrow for each phrase, flying through the air.

FOR PRACTICE

Sing Rose, Rose, Rose Red, White Pigeon Song , Jubilate Deo and Alleluia with little sharp arrows, and long arrows.

19. FOCUS FOCUS

You've been focusing on focus. Today it's show and tell day.



Where do you feel FOCUS when you sing?



Robot beeps help with the FACE FOCUS. Beep through London Bridge, and Rose Rose Rose Red, Robot Style.



When you FOCUS on FOCUS keep your lovely SPACE behind the FOCUS. Sing White Pigeon Song opening up the comet tail.



Whinging helps FOCUS. Have a whinge and sing the No song.



Empty Head singing means you feel like you breathe into your empty head and then fill your head up with sound. Sing Jubilate Deo with an empty head.



What tea drinking Royal Character uses head FOCUS? Sing Alleluia very fancy.



As you go up and down in your voice keep head FOCUS. Sing Alleluia with your voice inflating the parachute.



Bow and Arrow – breathe in and pull back the bow Sing Rose Rose Rose Red and let the arrows go. First staccato, lots of little arrows, and then legato, one arrow per phrase.

20. The Singing Tree

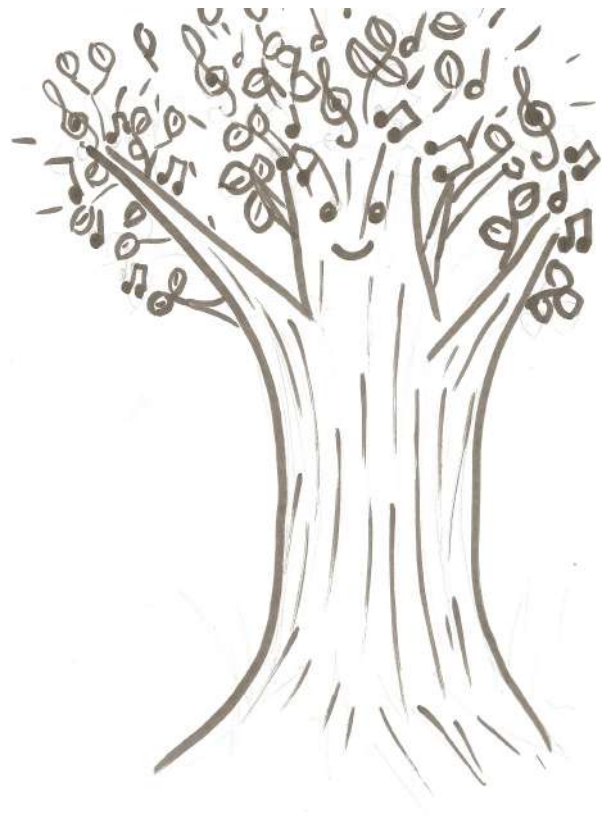
WARM UP How will you make space today?

REVISION Sing Jubilate Deo and Alleluia with beautiful FOCUS.

Singers stand like proud, majestic trees.
Our main body is like a tree trunk, strong and steady.

What You Do

- ♪ Stand like a majestic tree.
Plant your feet firmly into the ground.
- ♪ Stand with your strong, tall trunk.
- ♪ Breathe in and let the air fill up your trunk.



SONG

Neesa Neesa. This is an American Indian song about the moon. Imagine you are a tree at night. Keep your trunk strong and steady as you sing.

FOR PRACTICE

Neesa Neesa. Stand tall and majestic. Keep your trunk strong and solid as you breathe in and sing.

21. Holding the Armor Out

WARM UP How will you make space today?

REVISION Stand like a tree, your feet planted. Your trunk strong and proud. Sing Neesa Neesa breathing right down into your trunk.

When we breath in our lungs fill up like balloons. They do this all on their own – you breath all the time without thinking about it.
Our lungs have their own armor – the ribs.
This is good – armor is good protection.
Like much armor, the ribs can be heavy. Singers have to hold the ribs out, away from the lungs, so the lungs can fill up.

What You Do

- ♪ Put your hands on your ribs, at the side. Breathe in to your trunk. Feel your ribs move.
- ♪ Sing *ooooh* and keep your ribs out.
- ♪ Do this again, with your shoulders relaxed.

SONG

Sing Rose Rose Rose Red and Neesa Neesa holding your ribs out.

FOR PRACTICE

Sing any songs you like, keeping the rib armor out from the lungs. Stand tall and proud.

22. Hollow Tree

WARM UP How will you make space today? Sing a FOCUS warm up.

REVISION plant yourself in the good earth. Stand proud. Sing Neesa Neesa holding your armour out.

You make space when you breathe in. You gently open your mouth and throat and the air falls in. To let your lungs fill up fully with air, you expand your ribs and let the air fall in.

This means, from the top of your head, right down into your trunk, you make space. You are hollow!

What You Do

- ♪ Breathe in - make space in your mouth, throat and trunk. Let the air fall into you silently and gently.
- ♪ Hold the air for a count of three.
- ♪ Slowly *aaaah* the air out.

SONG

Sing Neesa Neesa. Take time to breathe in and feel hollow.

FOR PRACTICE

Because you can practice trunk breathing silently, you can practice anywhere – in the car, brushing your teeth, waiting in canteen line. Write down the most interesting place you practiced being hollow and breathing gently into your trunk.

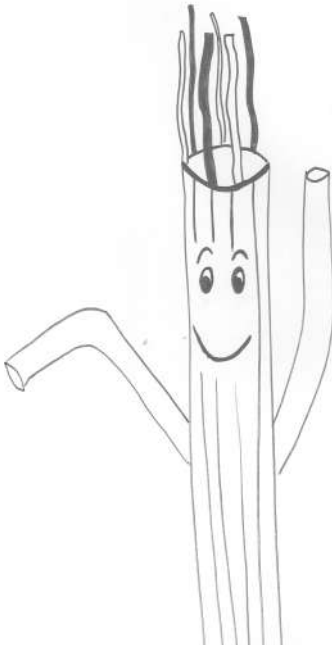
23. Windsock

WARM UP How will you make space today? Sing a FOCUS song.

REVISION Sing Neesa Neesa, tall and proud.

Ribs go out, belly goes out, throat inflates with a balloon.
By Golly - you are filling up with air, aren't you!
Each breath in you fill up with air, like a windsock.

What You Do



- ♪ Stand in majestic tree position.
- ♪ Breathe in SLOWLY (slow count of five) and fill up with air everywhere. Feel yourself expanding. Breathe out.
- ♪ Breathe in for a count of three, fill up with air. Breathe out.
- ♪ Breathe in for a count of two, and feel fully inflated. Breathe out.
- ♪ Breathe in for a count of one, and fully inflate. Breathe out.

SONG

Sing Neesa Neesa filling up with air.

FOR PRACTICE

Your body needs training to breathe in fully and quickly. Practice breathing in like this everyday.

24. Bagpipe Singing

WARM UP How will you make space today? Sing a FOCUS song.

REVISION plant yourself in the good earth. Stand proud. Sing Neesa Neesa filling up with air like a windsock.

Ever seen a bagpipe player? They squeeze a bag of air to make the sound. Guess what? You are like bagpipes. You squeeze a bag of air inside you to make sound.

What You Do

- ♪ Stand proud. Solid and steady.
- ♪ Breathe in lift your arms up, to the sides.
- ♪ Sing one long note on *oooooh* slowly squeezing the imaginary bagpipes under your arms.

SONG

Sing Neesa Neesa use bagpipe singing.

FOR PRACTICE

Sing your favourite songs using bagpipe feeling.

25. Belly Singing.

WARM UP How will you make space today? Sing a FOCUS song.

REVISION Sing Neesa Neesa using bagpipe singing.

Underneath your lungs are your guts. So your lungs can completely fill up with air – we move our guts out of the way! This means when you breathe in, your belly goes out, to make more room for your lungs.

What You Do

♪ Put your hands on your belly, fingers just touching. Fill up with air, and move your hands apart.

♪ Sing



SONG

Sing Neesa Neesa with your hands on your belly.
New song – Chairs to Mend.

FOR PRACTICE

Sing Rose Rose Rose Red and Alleluia using your belly. Try taking out the middle breath. Do this in the lesson first.

26. The Hiss

WARM UP How will you make space today? Sing a FOCUS song.

REVISION Sing Neesa Neesa and Chairs to Mend, filling up with air like a windsock.

Singers sounds good when they breathe out SLOWLY. This needs strong muscles in your trunk. You have to train, like an athlete to build up these muscles.

What You Do

- ♪ Stand in majestic tree position.
- ♪ Breathe in. Fill up with air.
- ♪ Hold your ribs out and hiss. See how long you can hiss for.
Yes you do sound like you are a leaking inflatable thing!
They are full of air, and deflating SLOWLY, just like you!

SONG

Sing Chairs to Mend and Neesa Neesa, with only one breath in the middle of the songs.

FOR PRACTICE

Your body needs training to breathe out slowly. Practice hissing EVERY DAY. Count on your fingers as you do this. What is your highest number?

27. Belly Power!

WARM UP How will you make space today? Sing a song with FOCUS.

REVISION Hiss your way through Rose Rose Rose Red.

When you sing, you make your voice strong using your tummy.
Listen to your teacher sing Neesa Neesa with a steady squeeze from the tummy.

What You Do

♪ Put your hand on your tummy Say a loud and happy *yip yip yip yip yip* . What does your tummy do?

♪ Fill up with air – tummy goes out.

♪ Use your tummy to sing staccato



♪ Using one long tummy squeeze sing legato



SONG

Sing Chairs to Mend and White Pigeon Song.
Feel the power of the tummy!

FOR PRACTICE

Chairs to Mend, Neesa Neesa and White Pigeon Song, using your tummy.

28. Breathing for Singing

OK. Clever Singing Person.

You have learned about breathing as a singer.

It's time to show what you have learned.



Your ribs are great at protecting your lungs. Thanks Ribs. When you sing how do you move your ribs, so your lungs can fill up with air? Sing Neesa Neesa.



How do you stand like a proud majestic tree?



Do you breathe in by gasping loudly, or by inflating your trunk and letting the air just fall in? Sing Chairs to Mend.



Sing Neesa Neesa, filling up with air like a windsock.



Belly power. What does your belly do when you breathe in?



Sing Chairs to Mend using Bagpipe singing.

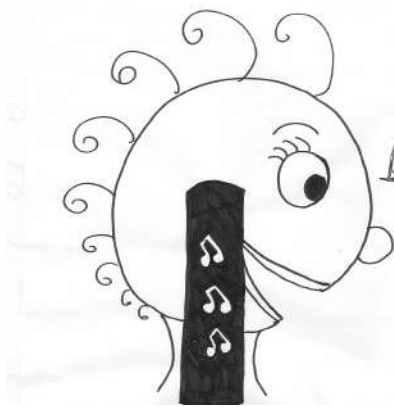


Belly Power part two. What do you do with your belly when you sing? Sing Neesa Neesa using belly power.



How long can you hiss? What do you do to hiss for as long as you can?

29. Sound Pipe

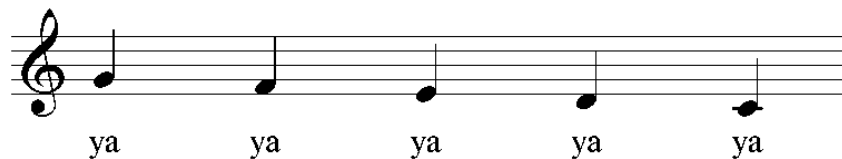


Lifting the roof of our mouths makes space for our voices. You already know that don't you, clever pumpkin! It means we can sing high easily – there is space for our voices to travel up in a song.

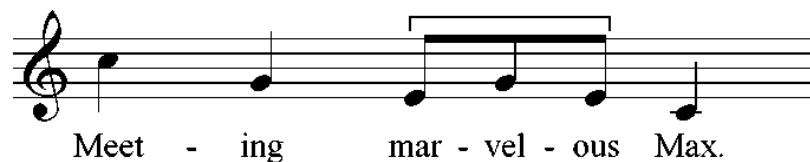
It feels like you make a pipe for your voice to move around in.

What You Do

♪ Breathe in yawny. Sing



♪ Breathe in Max position. Sing



♪ Breathe in yawny. Sing



SONG

Sing This Train.

Every breath in is yawny, Max position.

FOR PRACTICE

Alleluia, Rose Rose Rose Red, Jubilate Deo.

30. Remember Balloon

You have learnt to use

SPACE

FOCUS and

BREATHING to sing.

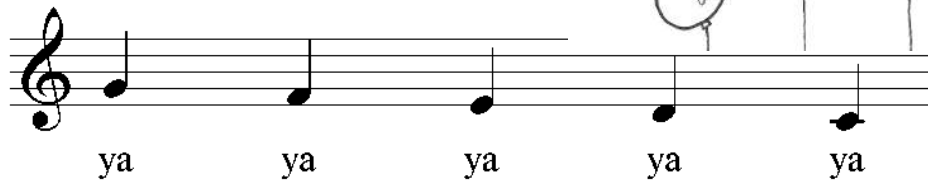
The next few lessons, remember these techniques.

When you breathe in, you open your throat. It gently inflates, like a balloon.

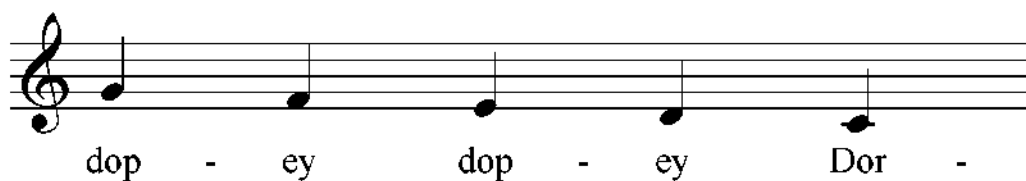
What You Do

♪ Breathe in slowly,
gently inflating your throat.

♪ Sing



♪ Sing, very dopey



FOR PRACTICE

Dopey White Pigeon Song

SONG

Sing This Train with balloon throat.
Every breath in gently inflate your throat.

31. Scarborough Fair

Today's song has high notes AND low notes. Use the sound pipe for your voice to travel up and down in.

What You Do

♪ Breathe in Max position. Sigh out

♪ Sing



♪ Breathe in again. Let the air inflate your throat. Sigh out.

♪ Sing Rose Rose Rose Red.

Each breathe in make space in your mouth and throat.

SONG

Sing Scarborough Fair.

Every breathe in is yawny AND opens your throat.

FOR PRACTICE

Scarborough Fair.

32. Remember Face Focus

Face Focus makes singing strong and powerful.

Singing *na* puts your voice in focus.

Robot beeps and singing with a bow and arrow are also good for feeling face focus.

What You Do

🎵 Sing with Focus



🎵 Sing Jingle Bells using robot beeps.

🎵 Sing Rose Rose Rose Red using bow and arrow singing.

SONG

Sing Do Lord, with FACE FOCUS.

FOR PRACTICE

Any songs you like! FOCUS is in your face and head.

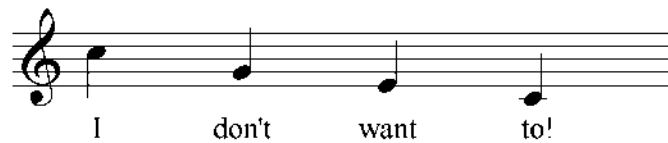
33. Remember Head Focus

Head Focus is good for all of our singing and makes the top notes sound strong.

What You Do

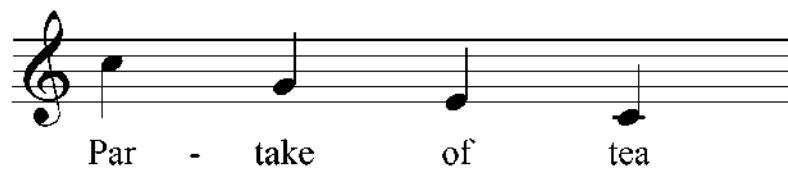
♪ Say a whingy, whiny *No I wont!*

♪ Sing a whingy



♪ Say in your fanciest voice *would you care to partake of tea?*

♪ Sing a very fancy version of



SONG

Jubilate Deo and Scarborough Fair.

FOR PRACTICE

Any song you like with high notes.

34. Stay Focused!

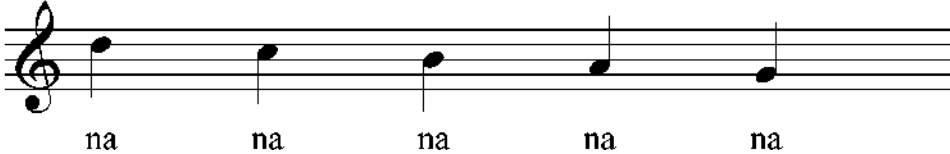
Stay Focused at all times. Not only is this good for singing, it may protect you from green, hairy monsters. Perhaps parachutes aren't the best weapon for fighting monsters, but they do help with singing focused.

What You Do

♪ Breathe in to the top of your head

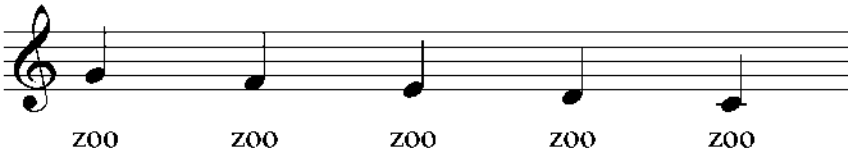
♪ Hold the parachute up for each note as you sing

♪ Sing



zzzzzz – ooooooh feel face FOCUS.

♪ Sing



zoo zoo zoo zoo zoo

SONG

Do Lord with face focus.

FOR PRACTICE

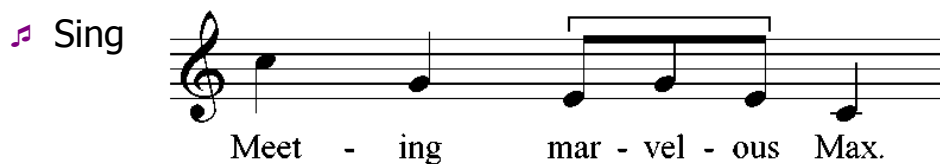
Scarborough Fair with face focus and parachute singing.

35. Breathe SPACE sing FOCUS

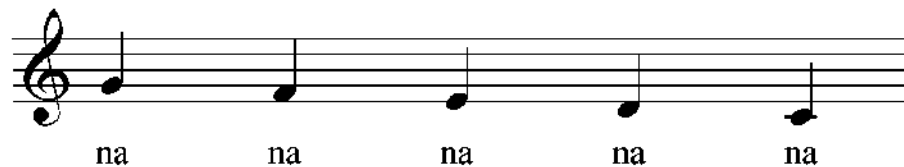
Space and Focus work together when you sing.
You make SPACE when you breathe in.
You use FOCUS when you sing.
Breathe space, sing focus for the whole song.

What You Do

♪ Max combines SPACE and FOCUS. Breathe in Max position.



♪ Celeste combines SPACE and FOCUS too.
Breathe in making space and sing



Each note open the space behind the focus.

♪ Sing Jubilate Deo and Alleluia. Breathe in SPACE sing into FOCUS.

SONG

Scarborough Fair

FOR PRACTICE

Any song you like. Breathe in SPACE sing with FOCUS.

36. Remember Tree Singing

Singers needs lots of air to sing well.
We use our trunks to fill up with air. Strong and solid like a tree trunk.

What You Do

- ♪ Stand tall and proud like a majestic tree.
- ♪ Breathe in and fill your trunk and expand your ribs. Sigh.
- ♪ Sing Neesa Neesa filling your trunk with air.
- ♪ Sing Neesa Neesa again, using bagpipe singing.

SONG

This Train and Do Lord

FOR PRACTICE

Any song you like. Inflate your trunk.

37. Remember BellyPower!

Moving the belly is important to good singing.
Fill up with air – belly goes out.
Sing – belly slowly squeezes in.

What You Do

- ♪ Put your hands on your belly. Fill up with air and move your belly out.
- ♪ Hiss like an angry snake. Feel you belly squeeze. This makes the hiss stronger.
- ♪ Sing Chairs to Mend. Move your belly out when you fill up with air. Squeeze your belly when you sing.

SONG

Do Lord.

FOR PRACTICE

Any songs you like. Belly Power!

Rose Rose Rose Red

Rose Rose Rose Red will I ev - er see the wed? Aye, mar-ry that I will. If thou but stay.

White Pigeon Song

Mi-mi gwa-nag de-yo ha - gi Mi-mi gaw-nag de-yo ha - gi.

Jubilate Deo

Ju - bi - la - te De - o Ju - bi - la - te De - O. All - e - lu ia.

The No Song

6

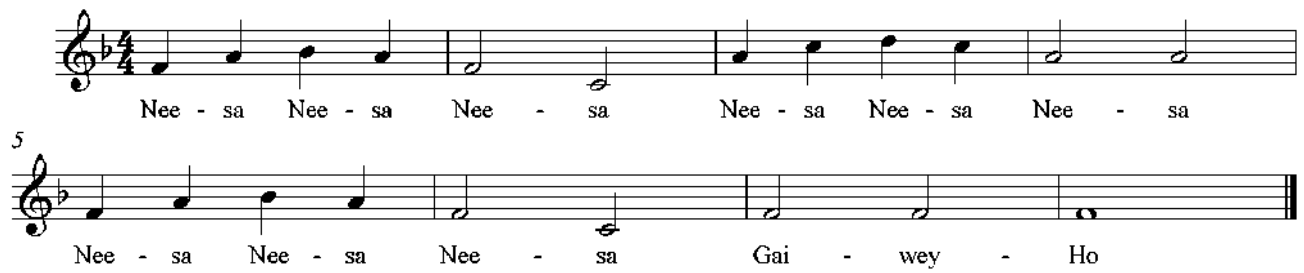


NO NO NO NO NO NO NO NO NO NO NO NO NO NO NO!

Alleluia



Neesa Neesa



Chairs to Mend



This Train

Musical score for "This Train" in D major, 4/4 time. The score consists of two staves. The first staff contains measures 1-4 with lyrics: "This train is bound for glory this train this train is bound for glory this train oh". The second staff contains measures 5-8 with lyrics: "this train is bound for glory come on ride it this train is bound for glory this train". Chord progressions are indicated above the notes.

Chord progression: D A D F#m D A A⁷

Lyrics: This train is bound for glor y this train this train is bound for glor y this train oh

5 D D⁷ G Gm A A⁷ D A⁷ D

Lyrics: this train is bound for glor y come on ride it this train is bound for glor y this train

Scarborough Fair

Musical score for "Scarborough Fair" in C minor, 3/4 time. The score consists of four staves. The first staff contains measures 1-4 with lyrics: "Are you go - ing to Scar - bo - rough fair?". The second staff contains measures 5-8 with lyrics: "pars - ley sage rose - ma - ry and thyme Re -". The third staff contains measures 9-12 with lyrics: "mem - ber me to one who lives there.". The fourth staff contains measures 13-16 with lyrics: "She once was a true love of mine.". Chord progressions are indicated above the notes.

Chord progression: Cm Gm B^b Cm

Lyrics: Are you go - ing to Scar - bo - rough fair?

5 E^b A^b Dm G G⁷

Lyrics: pars - ley sage rose - ma - ry and thyme Re -

10 A^b Cm B^b Gm E^b B^b Gm

Lyrics: mem - ber me to one who lives there.

15 Cm Fm B^b Cm

Lyrics: She once was a true love of mine.

Do Lord

A

Oh do Lord Oh do Lord do re mem ber me. Oh do Lord oh

6

A A A

do Lord oh do re - mem ber me. Do Lord, oh do Lord oh

11

C#m C#7 F#m A E E7 A

do you re mem ber me. Way be yond the blue.

16

A A A7

Oh I got ta home in Glo ry Land that out shines the Sun. Oh

21

D D A

I got ta home in Glo ry Land that out shines the sun. Oh

25

A A C#m C# F#m A E E7 A E7

I got ta home in Glo ry Land that out shines the Sun. Waybe yond the blue. Oh