

## Warm Ups (10 mins)

### Alignment

- do the "list" of "how to hold your instrument for singing"....have them slump, then count 1, 2, 3 - holding instrument for singing
- massage (if appropriate)
- do faux exercises - jog, standing sit ups, windmills, etc.
- TSA pat down

### Breathing exercise

- 8-handed breathing - rib cage, abdominal wall, diaphragm, pelvic floor
- Farinelli - count to 1 while they inhale, etc.
  - I always like sternum power - hand on chest, bend over, let all your air out - stand without inhaling, deep breath, exhale allowing sternum to stay up
- Partner hold shoulders down

you know I like "home row"

find one pitch, sing your perfect ah in unison

### Voice Activation

- Noh-ee oh-ee oh-ee oh-ee oh
- Zing-a-ma-ma, zing-a-ma-ma, zing-a-ma-ma, zing-a-ma-ma, zing zing zing
- Ya-ha-ha-ha-ha-ha-ha ha
- Vee\_\_\_ ee-ee-ee-ee ee\_\_\_ah
- Reverse Octaves (head move down when singing up the scale and up when singing down)

### Dynamics/Color

- messa di voce - then give them an example of where you want a 1 and where you want a 7 or 8 in the song they are singing
- woofer tweeter
- 5 vowels with gestures on their choice of note in D major chord

## Introduce RHYTHM (2 mins)

Give the history of RHYTHM/SFGMC

Explain how they will fit in to the program

## Rehearse "Love Can Build A Bridge" (15 mins)

Tractor pull to demonstrate legato

Bring back numbers for dynamics

## Questions from students

They will receive t-shirts next Friday

Talk about Survey

WEAR BLACK SHIRT/DARK JEANS