

Rise and Shine


By Laura Pallas

Engage the Body...

Engage the Mind

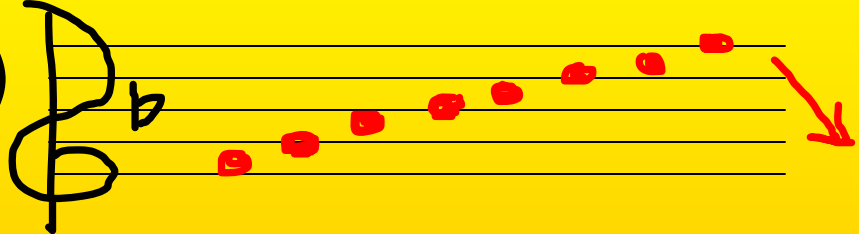
(Great Singers do BOTH)

It's all about AIR!

- Sh Fh Sss
- Breathe count to 10 (on “ssss”)
- Panting (slow)
- Breathe count to 20 (on “ssss”)
- Panting (med)
- On “zzz”
A musical staff with a treble clef and a common time signature. It contains five red notes: a quarter note on G4, an eighth note on A4, a quarter note on G4, a quarter note on F4, and a quarter note on E4. The notes are connected by a red line, suggesting a continuous sound.
- Panting (fast)
- “Wind wheel”
- Sh Sh Ha Ha (up by ½ steps)

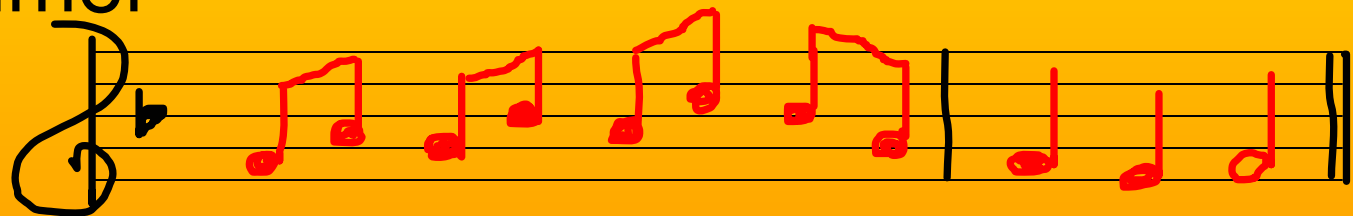
Let's Flex that Tongue!

- Stretch on “ae” as in “bad”

- “Ca” (up) “La” (down) A musical staff in treble clef with a key signature of one flat (Bb). It shows a scale starting on C4 (middle C), ascending step-by-step to C5 (the C above the staff), and then descending step-by-step back to C4. A red arrow points downwards from the final C5 note.

- Diphthongs “AH EE” (up) “EH EE” (down)

- “Swimmer”

A musical staff in treble clef with a key signature of one flat (Bb). The melody for the word 'Swimmer' is written in red. It consists of two measures. The first measure contains four notes: C4, D4, E4, and F4, with a red line connecting them to show an upward glide. The second measure contains three notes: G4, F4, and E4, with a red line connecting them to show a downward glide. The staff ends with a double bar line.

See the swimmer swimming in the deep blue sea

Feed the Resonance

- Bung “AH”, Bung “EH”
... “EE”, “OH”, “OO”

- “Moon”
(same vowels as above)

- “I can sing – series”

Handwritten musical notation for two exercises. The first exercise, labeled 'Bung', consists of two staves (treble and bass clef) with a key signature of one flat. The melody is written in red ink. The first staff has a quarter note on G4, followed by a quarter rest, and then a half note on A4. The second staff has a quarter note on G4, followed by a quarter rest, and then a half note on A4. The second exercise, labeled 'Moon', also consists of two staves with a key signature of one flat. The melody is written in red ink. The first staff has a quarter note on G4, followed by a quarter note on A4, a quarter note on B4, a quarter note on C5, a quarter note on B4, a quarter note on A4, and a quarter note on G4. The second staff has a quarter note on G4, followed by a quarter note on A4, a quarter note on B4, a quarter note on C5, a quarter note on B4, a quarter note on A4, and a quarter note on G4. The lyrics 'AH EH EE OH OO' are written below the notes.

Handwritten musical notation for the 'I can sing' exercise. It consists of two staves (treble and bass clef) with a key signature of one flat. The melody is written in red ink. The first staff has a quarter note on G4, followed by a quarter note on A4, a quarter note on B4, a quarter note on C5, a quarter note on B4, a quarter note on A4, a quarter note on G4, and a quarter note on F4. The second staff has a quarter note on G4, followed by a quarter note on A4, a quarter note on B4, a quarter note on C5, a quarter note on B4, a quarter note on A4, a quarter note on G4, and a quarter note on F4. The lyrics 'I can sing and match my voice with you' are written below the notes.

Flexibility

- Trill - 123456565654321

Se saw so

- Waterfall – Nee, Nay, Nah, No, Noo

- Grounding – 1 1 1 3 1

Ya Ya Ya Di Da

- Jump – 1 3 1 5 1 87654321

I Love to Dance and Sing

Rhythm

- Walking



Wal -----king

- Jogging



Jog --ging Jog -- ging

- Running



Running running running running

- Off beat (walking/jogging)
- Off beat (Jogging w/all parts)



- Suspensions
- Syncopation

A handwritten musical score in 4/4 time, featuring a treble and bass clef. The melody is written in red ink on a five-line staff. The lyrics are 'Noo noo' in the first measure, 'noo' in the second, 'noo noo' in the third, and 'noo' in the fourth. The score illustrates various musical techniques: a suspension of the second note in the first measure, syncopation in the second measure, and a suspension of the second note in the third measure. The bass line consists of quarter notes in the first measure, a half note in the second, and quarter notes in the third and fourth measures.