

Fear of Singing Breakthrough Program Activities and Resources

Get a 3 ring binder or a folder to hold all your singing-related papers

NOTE: This page will be updated over the next couple of weeks

SONGS I HAVE GIVEN YOU FOR YOUR BINDER:

Row Row Row Your Boat
Michael Row Your Boat Ashore
You Are My Sunshine
Bring Me Little Water, Lilvie
B-I-N-G-O
Happy Birthday To You
Tumbalalaika (coming)
This Land is Your Land (coming)
Skip to My Lou (coming)
Eensy Weensy Spider (coming)
ABC / Twinkle / Bah Bah Black Sheep (coming)
The Wheels on the Bus (coming)

RESOURCES FROM FoS PROGRAM:

List of songs to listen to (PDF)
Song Shapes to sing to (PDF) (coming)
Goals Worksheet
Drone Note tracks for matching pitch,
returning to home, sirening with, improvising with
Click Track with metronome (coming)
Links to piano keyboards
Links to interesting music
and versions of songs we've been learning
Repeating chord pattern for improvising (coming)
My marked up song sheets with scribbles

WAYS TO WARM UP & PRACTICE:

Hands in the air yoga-style stretch
Floppy twist
humming
sirening
match or improvise over a drone
improvise over a repeated pattern
Practice the 1-3-5 (major or minor)
Use audiation when matching pitch
or learning phrases of songs
Singing along with recorded music
Sing in places with fun acoustics
(bathrooms, lobbies, tunnels,
w/ ears underwater, etc.)
Print out song sheets and mark them up

SUGGESTIONS:

Get a piano keyboard (even a small kid's one
will do) for figuring out songs

The book, "Rise Up Singing" – it has lyrics to
lots of familiar songs and is great for inspiring
you and for casual singing with friends.