



Appendix III

Practice Session Ideas Tear-Out Sheet

A practice session can last hours or take just a few minutes. Below are ideas that can be used with the “Club Sandwich” practice model (page 190). Mix and match these ideas according to how much time you have and the mood you’re in.

Let every practice session be as musical, playful, beautiful, expressive, and fun as it can be!

START WITH SOMETHING EASY

- Loosen up by humming, sirening, or making some crazy sounds.
- Engage your body with a stretching and breathing warm-up.
- Sing a familiar song that comes easily and that you enjoy.

DO SOMETHING MORE CHALLENGING

- Practice specific intervals using a piano or a recording, or do it with a friend.
- Spend a few minutes working on learning a song.

(It’s okay to get a little bit frustrated but not TOO frustrated)

If you’re getting too frustrated ...

DO SOMETHING FUN AND EASY; MOVE AROUND

- Get up and walk around or do something else relaxing for a minute or two.
- Put on a drone and improvise to it — sing something expressive.
- Put on a favorite song and dance and sing along with it. Stretch. Breathe.

Meanwhile the activity that was getting frustrating may have jelled somewhat in your subconscious so when you return to it again it’s easier.

DO SOMETHING MORE CHALLENGING

- Now maybe it’s time to go back to the intervals or the challenging song that you were working on before. See if a little audiating helps.
- Or pick up something else that you find somewhat challenging.

FINISH UP WITH SOMETHING FUN, EASY, AND SATISFYING

Do something that makes you happy — remember why you want to learn to sing!

Remember that singing can touch your soul. Try one of the following:

- Get more expressive with a song you’re working on, or try out a new song.
- Get a tapping rhythm going on a drum or a table and improvise a song with that rhythm as your accompaniment.
- Sing loud or dramatically.

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