

# Fearless Singers Playground

## Your Path From Fear to Joy...

Learn to openly sing with joy,  
and experience life with a  
song in your heart and  
in your mouth!

### Playground Tips:

- Have fun.
- Figure out what success means to YOU. This journey is yours – do it your way!
- Your instrument is your body so you'll learn and internalize skills even if you don't practice much
- You will learn FASTER if you do practice
- Be nice to yourself – don't give yourself a hard time!
- Practice works best when done in a spirit of exploration, curiosity and PLAY
- Hop around and explore in any order you want. This is a PLAYGROUND!
- When you're working on something that's challenging, follow it up with something that's fun and easy.
- Acknowledge your improvements
- Be nice to yourself, and...
- Be nice to yourself!



### Practice: Do it YOUR way

**Key Idea:** Make your practice fit happily into your life. Every little thing you do counts — singing along to the radio in the car, singing in the shower, singing to the cat!  
*Practice with love — have fun with it!*

- PG Lessons on this topic:**
- 10 Little Minutes (or 3!)
  - If you want a practice routine...
  - Repetition is good

### Develop Rewarding Habits

### Break Through Fear & Build confidence

**Key Idea:** Our culture says “either you can sing or you can't,” and if you “can't”, then “don't even bother trying.”  
**Ugh - So Wrong!!** But to learn and grow you need a break from all the judgment and to experience the freeing mindset of “there are no wrong notes!”  
EXPLORE & PLAY with your voice. *Once you feel safe, you will be able to absorb new skills, which in turn will bring you more confidence.* It's a happy cycle!

- PG Lessons on this topic:**
- Give yourself permission
  - Singing with a Shruti box
  - Song: Michael Row Your Boat

### Find Vocal Joy!

### Body & Breath & Voice

**Key Ideas:** Singing is a full-body activity — we want to get your body, breath, movement and voice all working together. You can start by warming up with full body stretches & belly breaths. Make some sounds and gestures *without thinking*: high, low, loud, soft, meow, woof... *Let your body take the lead & feel the joy!*

- PG Lessons on this topic:**
- Breathing for Singing
  - Reducing Throat Tension
  - Singing with a Drone Note

### Experience Embodied Singing

## be a Happy Expressive Singer!



### Singing In Tune & Mastering Rhythm

**Key Ideas:** Take it slow. Repetition is good! *Practice mindfulness as you listen to and feel sounds.* Tune into vibration. Practice comparing and contrasting what you hear with what comes out of your mouth. Sing and spend time with simple songs as a way to master skills, and for the fun of it.

- PG Lessons on this topic:**
- Simple Music theory for singing
  - Practice 1-3-5 with piano
  - Singing with a drone note
  - Song Lesson: Bring Me Little Water, Silvie

### Master Dependable Skills

### Your Singing Life: Keep it Growing!

**Key Ideas:** You're a singer; singing is an active part of your life — wow! So cool!  
**Appreciate & Cultivate...!** Keep practicing the basics (like all singers need to do). Master a few songs to enjoy/share/lead & love. *Let go of “perfect”!* Say YES! Come to PG Sing-Alongs — support your friends! Find & create singing opportunities. Want to join a chorus or a band? Find the right match for you, and go for it!

- PG Lessons on this topic:**
- How to memorize lyrics
  - Creating a Personal Song-Book
  - Hosting a Singing Party
  - Practice: 10 Little Minutes (or 3!)

### Enjoy your Life as a Singer!