

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!