

ALL TOGETHER NOW **ACTIVITY SHEET**

Singing for the Soul

with **Ellen Muriel**

Sun 7th March 2021 – *open to all!*

First things first: Lets sing to express and enjoy ourselves, have fun, and explore the potential of the natural voice!

Find a space to stand where you can move about and have a glass of water nearby. It might also be a good idea to let other members of your house know that you're bound to be making a lot of noise! Why not get them involved?!

Physical warm-up:

1. Roll your shoulders in large, slow circles; 5 x forward and 5 x backwards.
2. Shake out each arm and leg, one after another. Over-exaggerate the movement so that your limbs are flicking and flailing in all directions, releasing tension and waking up the body.
3. Using your hands, pat down each arm and leg, the torso, stomach, back and face. Give yourself a gentle face massage, kneading into each feature.
4. Stand up straight, chest open, shoulders back, spine extended, feet hip-width apart. Close your eyes and imagine you're a piece of seaweed swaying in the water. Your feet are grounded, roots spreading down into the earth. Your body is free to float and lull around lightly. Shift your balance in different directions, to the outer edges of your feet, before slowly coming to a still, upright posture - centred and standing tall.
5. Place your hands on your stomach and take 3 breaths into your belly, slowly and deeply. You should feel your hands rising with the in-breath and falling with the out-breath. After a while start to introduce a sound on the out-breath: *SHH*, *TSS* and *FFF* consecutively. Engage the stomach muscles, spend all your air and then relax to allow the next inbreath to flood into your lungs.

Vocal warm-up:

1. Start by humming gently and freely in all directions. Stretch out your hand in front of you and use it as a guide to lead the sound. When your hand moves up – hum higher, when your hand moves down - hum lower. Try drawing a figure of 8 with your hand or spelling out your own name. Follow the movement with your humming. It's important to stay relaxed and try not to put any pressure on yourself. Embrace whatever sound comes out and don't push it!
2. After a while switch to making a 'zzzz' sound like a bee and continue with the same exercise.
3. Repeat this tongue twister, enunciating the words clearly and speeding up over time: "the lips and the teeth and the tip of the tongue".
4. Experiment with singing from different parts of your body, channelling the sound from different places – how does the tone and texture of the voice change? Start with singing from the belly, then try the chest, throat, nose and head. Place a hand on the body part and see if you can feel the vibration of the voice. Play and explore with different vowel

sounds (A, E, I, O, U) and various rhythms. There is no right and wrong, just see what you discover.

Activity:

Take a short passage of a song you know well, it could be of any genre or style. Sing it through to get into the feel of the original melody.

Now we're going to shake it up! The aim of the exercise is to use the voice in different ways to influence the feeling and intention of the song. The possibilities are endless - Just experiment!!

Play with:

- Volume (how loud or quiet you sing)
- Pitch (how high or low you sing)
- Pace (how fast or slow you sing)
- Rhythm (how long or short each note is)

In order to sing:

- to celebrate
- to mourn
- to remember
- to encourage
- to intimidate
- to arouse

In the style of:

- a West End opening number
- a church Christmas carol
- a power ballad
- a lullaby
- a smooth jazz classic
- a love song

About ALL TOGETHER NOW:

Tramshed's programme of free one-off arts sessions hosted on YouTube Live every week and available on catch up. We welcome you to learn different art forms from poetry and storytelling to craft and comedy writing, with us live or whenever suits you on catch up.

Every **Tuesday 4pm** great for families & every **Sunday 4pm** open for all throughout Spring.

If you would like more activity sheets, you can download them from the website **tramshed.org**

If you would like us to post you an activity sheet email us at info@tramshed.org or call us on **020 8854 1316** and let us know your name, phone, address and (if you have one) email address.

You can also pick up activity sheets at Tramshed every **Monday 12pm-4pm**

Tramshed, 41 Woolwich New Road, London SE18 6ET

