

# Sing Better!



## Prepare

### 1. Warm Up Your Body

1. Bend at your knees  
Skip for modification
2. Hands are palms up next to your heels  
Modification: hands are palms up next to your knees
3. Swing your arms above your head
4. Repeat

### 2. Warm Up Your Voice

Using Scales

### 3. Proper Stance

Shoulders over hips over heels

# Sing Better!



Breath      Breath      Breath  
Breath      Breath      Breath  
Breath      Breath      Breath  
Breath      Breath      Breath  
Breath      Breath      Breath  
Breath      Breath      Breath  
Breath      Breath      Breath  
Breath      Breath      Breath



## Practice

### 4. Open Wide

Just like you are at the Dentist's Office!

Use your thumb and pointer finger to stretch your mouth open to see how it feels

### 5. Take lots of little breaths

Big breathe thru your nose as you sing on the exhale! Then breathe, breathe, breathe in little breaths!

### 6. Sing!

The mechanics are done! Feel what the song is about as you sing!