

Rise and Shine

By Laura Pallas

Engage the Body...

Engage the Mind

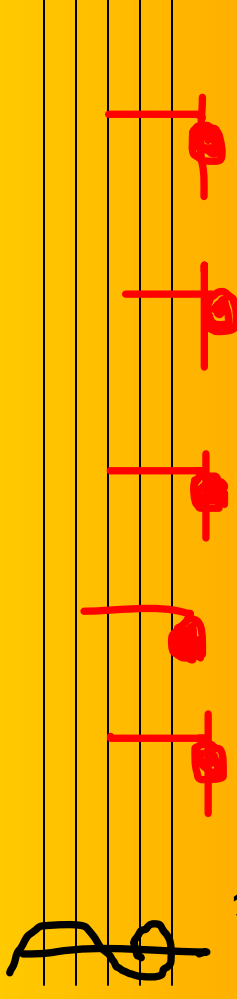
(Great Singers do BOTH)

It's all about AIR!

- Sh Fh Sss
- Breathe count to 10 (on "ssss")
- Panting (slow)
- Breathe count to 20 (on "ssss")

• Panting (med)

• On "zzz"

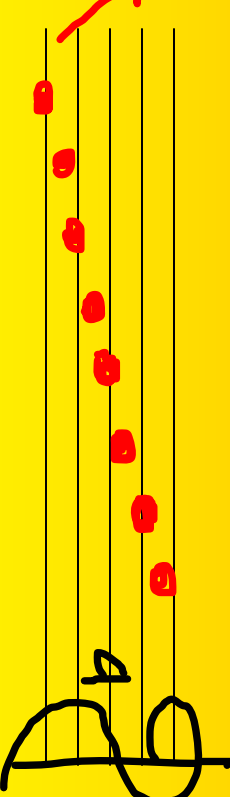


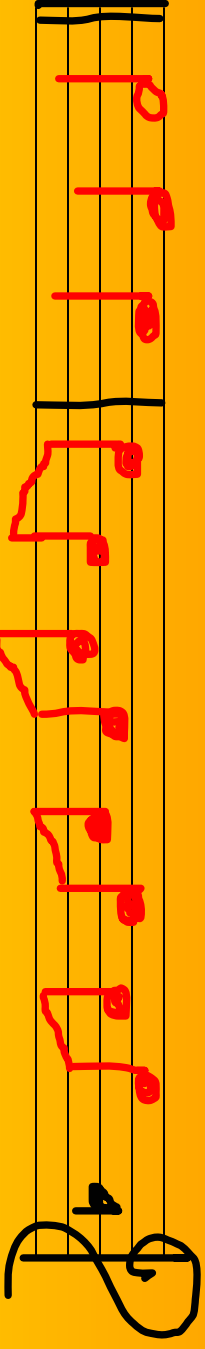
• Panting (fast)

• "Wind wheel"

• Sh Sh Ha Ha (up by 1/2 steps)

Let's Flex that Tongue!

- Stretch on “ae” as in “bad”
- “Ca” (up) “La” (down) 
- Diphthongs “AH EE” (up) “EH EE” (down)
- “Swimmer”



See the swimmer swimming in the deep blue sea

Feed the Resonance

- Bung “AH”, Bung “EH”
... “EE”, “OH”, “OO”

- “Moon”

(same vowels as above)

- “I can sing – series”

Bung AH

AH EH EE OH OO

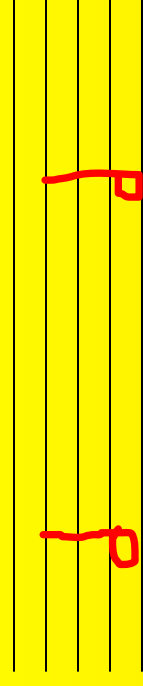
I can sing and match my voice with you

Flexibility

- Trill - 123456565654321
- Se saw so
- Waterfall – Nee, Nay, Nah, No, Noo
- Grounding – 1 1 1 1 3 1
Ya Ya Ya Di Da
- Jump – 1 3 1 5 1 87654321
I Love to Dance and Sing

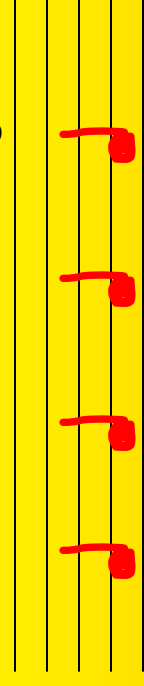
Rhythm

- Walking



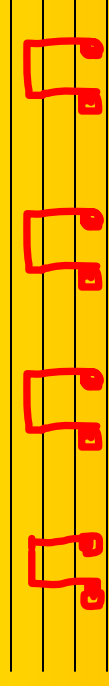
Wal -----king

- Jogging



- Running

Jog --ging Jog -- ging



Running running running running

- Off beat (walking/jogging)
- Off beat (Jogging w/all parts)



- Suspensions
- Syncopation

The image shows a handwritten musical staff with five lines. The notation is written in red ink and includes various rhythmic symbols and notes. The staff is divided into four measures by vertical bar lines. The notation includes notes with stems, beams, and flags, as well as rests and other rhythmic markings. The notes are arranged in a way that illustrates the concepts of suspensions and syncopation. The notes are written in a stylized, handwritten manner, with some notes having stems that cross the lines of the staff. The overall appearance is that of a student's work or a composer's sketch.