

Week Four Homework Assignments

March 12, 2025

Remember: adopt **proper posture** and to **physically warm-up** before you practice.

BREATHING

Exercise

- Place hands on chest and tummy
- Exhale completely
- Inhale slowly - not filling up until the count of 8
 - No movement in chest - extension of tummy
 - Feel as if you are filling up your lower back
- Suspend for 8
- Exhale

Exercise

- Repeat the inhale and suspend from above
- With the straw in water, exhale for the count of 8
 - You should exhaust all air by the count of 8
 - Bubbles should not change throughout
 - Avoid burst of exhalation at the end
- Repeat entire process for a count of 12
 - Again exhausting all air by the count of 12
- Try again for longer if you can

RESONANCE

Exercise

- Sing Along with Happy Birthday as found in the Audio > Songs To Learn section of this site.
 - Hum with lips closed and and teeth together
 - Notice the buzz in your lips, roof of mouth and around nose
 - Substitute the word “Ning” for each word in the lyrics
 - Try to reproduce the buzz from above
 - Sing the song with the lyrics
 - Continue to feel the buzz

PITCH MATCHING

Exercise

- Sing along with: “Bouncing Ball Ascending Octaves”
 - Found in the “Exercises/Video” section of this site
- Stop the video at random spots to check your pitch match
 - DO = C, RE = D, MI = E, FA = F, SOL = G, LA = A, TI = B, DO = C

INTERVALS

Exercise

- Sing along with: “Bouncing Ball 3-Note Arpeggio”
 - Found in the “Exercises/Video” section of this site.
 - Do the best that you can and only go as high as is comfortable

VOWELS

Exercise

- Practice vowel formation with: “Bouncing Ball Vowels”
 - Try to keep each vowel with the exact same placement
 - Similar to the ‘buzz’ of the *Happy Birthday* exercise above.
 - Found in the “Exercises/Video” section of this site

LOVE ME TENDER

Exercise

- Review the printed music for “Love Me Tender”
 - In your folder or in the “Exercises/Document” portion of this site
 - If you are not familiar with the melody, listen to it in the “Exercises/Audio” section of this site.
- Select notes from “Love Me Tender” and attempt to match them
 - Use your Tuner to verify your accuracy.
- During the week, match every note contained in the song
- When you are comfortable, sing through “Love Me Tender” and record your performance if you wish
 - Look for one thing you felt good about and **one** thing you will work to improve.

SONGS FOR FUN

- Enjoy, sing along with selected ballads in our “Sing Alongs” section
 - The more you sing along the more your brain will start to connect notes to vocal expression.....and it’s fun.