

Contents

Introduction	1
How to include singing as part of your breakfast club	2
Make friends and influence people	4
What's in it for me?	5
Some final tips before you start	6

Singing breakfast clubs

Singing as part of activities before the bell

ContinYou and Sing Up have joined forces to create this fantastic, practical singing resource, using our combined knowledge of singing and breakfast clubs. We have worked hard to create a folder that can be used time and again to bring the benefits of singing into your club.

Matthew Freeman

ContinYou Development Manager, Sing Up

For more information about breakfast clubs, visit www.continyou.org.uk/breakfastclubs.

Sing Up is the Music Manifesto National Singing Programme – produced by Youth Music, with AMV-BBDO, Faber Music and The Sage Gateshead and supported by government. It was launched in November 2008, following the commitment of £332 million by the government to raise the standard of music education for children. The overall aim of Sing Up is to increase opportunities for primary school-aged children throughout England to enjoy singing as part of their everyday lives. For more information, visit www.singup.org.

Sing Up is founded upon partnerships – at a local level, between our Sing Up area leaders and project managers, and music services, music providers and singing leaders; and at a national level with a range of organisations and initiatives, including the Federation of Music Services, the Choir Schools' Association and the Wider Opportunities programme. We have worked alongside ContinYou from the outset of Sing Up, developing cluster singing projects for schools, and programmes and resources for extended services activity. This pack is our best example of this work, combining songs from Sing Up's Song Bank with input from our Workforce Development team to feed ContinYou's brilliant Breakfast Clubs scheme.

We hope that the Singing Breakfast Club pack will inject fun, learning and music into your setting!

Baz Chapman

Programme Director, Sing Up

How to include singing as part of your breakfast club

It's great to start the day with a song. Singing in a group brings everyone together in a fun, disciplined and energetic way.

For many years schools used singing in assemblies as a way to start the day and give everyone an uplifting boost. And with good reason; singing gets air into lungs and sends oxygenated blood to the brain, so it helps to energise pupils.

This resource will enable all breakfast clubs to experience the benefits that singing can bring. Singing can:

- Improve confidence Singing is a great way to boost self-esteem. It takes confidence to stand up and sing in front of other people.
- Be healthy Singing gives you a great cardiovascular workout, reduces stress and protects you from getting ill by boosting your immune system.
- Help you learn Singing uses all parts of the brain and can develop memory and recall skills.
- Make you feel good! It reduces stress, releases endorphins and is an enjoyable activity.
- Bring people together Singing is one of the few things we can all do together: pupils, parents, teachers, everyone!
- Be cool! Children and young people love music and kids will always dream of being rock stars, or performing on stage.

So what are you waiting for? In the next few pages you will find everything you need to turn your breakfast setting into a Sing Up Breakfast Club.



Starting out

It can be difficult to concentrate if there are other distractions going on, so make sure breakfast is finished and keep other games out of sight.

Think about the space

Planning is critical. Make sure everyone has access to the words and that the space is suitable for children to sing and move around in. Bad acoustics can ruin even the strongest performance.

Keep it simple

When you first start, keep it short and snappy. You may have limited time, so make sure games and songs are short and easy to learn. With a committed group, you can always build up to more complex songs, learnt over several weeks. Remember, the Sing Up CD and online resources offer a huge number of easy-to-use, appropriate songs and games.

Start off with some games and warm-ups (you'll find some ideas on the activity sheets included in this resource). These will break the ice, help everyone relax and engage the children, even those who are initially wary. As a leader, don't hold back; if you are confident and having fun the children will enjoy the experience more. A less competent, but lively leader is better than a more competent dull one.

Try not to hide behind a piano. This is about exploring the voice and the sounds that can be made vocally. Use the Sing Up resource to get started, but try to encourage singing without backing music where possible.

Three top tips

It's a rap

Rap and rhyme are great ways to 'trick' children into singing. Check out *Boom chicka boom* on the Sing Up site.

Follow the leader

Once you have got them started ask the children if they want to lead. Call and response songs enable a group to follow another pupil's lead.

Don't go solo

Solo singing can be terrifying, but there is safety in numbers. Group singing is comforting and protective.

If you're starting first thing in the morning, it's important to get children up and moving around. Singing is a whole-body exercise. The warm-ups and vocal routines on the CD included with this resource are a great way to begin. Allow children to explore their voices. Encourage them to sing clearer or louder or to repeat if necessary. Go as high or as low as you can... or as loud! Opening up children's imaginations about the sounds they can create is the key. And remember, the only way to help them improve is to listen when they sing.

'Singing improves mood and concentration and is a great way to focus the mind and body.'



Traps to tiptoe around

Ask no questions

Don't ask 'who wants to sing a song?' (You may get the answer 'no-one!'). Instead, say that you are all going to play a fun game, this usually gets children up and engaged in the activity.

There's no substitute

Don't use singing as a substitute for sport on a rainy day. If you devalue it, so will the children. Sing out loud and proud!

Something for the boys

Singing is for everyone. There is a range of songs that boys love on the Sing Up website. Try *My fantasy football team* – it appeals to all children with a love of football!

Use your resources

The Sing Up CD offers a huge number of easy-to-use, appropriate songs and games. There are more resources on the Sing Up website (www.singup.org) – more songs, games, and ideas; and they're all free!





Make friends and influence people

At ContinYou and Sing Up we recognise and value the benefits of working in partnership. In your community, there are probably a number of people who may be able to help make your plans become a reality. Think about who you could partner up with to provide singing opportunities in your breakfast club setting.

Parents and volunteers

You may already have parents who help out at your breakfast club, in which case you'll have a pool of potential volunteers to draw on. A simple consultation exercise will help you to identify willing volunteers.

There are also many clubs and activities staffed by parents and volunteers around the country. Contact your Sing Up area leader who will be able to offer free training to anyone wishing to become a song leader.

'Fantastic! Enjoyable songs, a fun repertoire to dip into... and the comfort of a backing track was great. The group who learnt the songs are now keen to continue singing, so a weekly club has been born!'

Teacher, St Bartholomew's Primary, Quorn

Young people

Some of our most successful (and sustainable) Sing Up cluster projects have benefited from involving young people as Young Singing Leaders (YSLs). The YSLs may be able to visit your school and lead singing alongside your staff. In Middlesbrough, students from St Mary's College attended local breakfast clubs and helped lead simple and fun singing games.

'We loved it! The songs were fun... I can't believe how good we sounded with people we didn't really know! It was amazing when everyone clapped. When can we do it again?'

Pupil, Loughborough Sing Up Cluster

Community organisations

There are so many organisations that are involved in singing and music-making. From local church choirs to amateur dramatic groups or community musicians and choral societies, most areas are teeming with experienced singers. It pays to make a list or directory of interested parties and then invite them into one of your clubs. Many voluntary groups are more than happy to help out and are keen to promote themselves in the process. Contact your Sing Up area leader to find out what is happening near you. Visit www.singup.org.

What's in it for me?

Singing doesn't only benefit children and young people. It can be hugely rewarding to all those who get involved. Here are some of the ways teachers, parents and the community can benefit from a singing project.

Parents

- Many mums believe in singing to their unborn babies to soothe and comfort them. If parents can be supported to sing with their child as early as possible, it helps to forge a strong bond between them.
- Singing is a joyous and harmonious activity and can help relieve boredom and tensions on family holidays, rainy days or tedious car journeys.
- Parents can improve their skills and confidence, meet new friends and feel part of a group by joining a community choir. They may go on to run a singing group themselves.
- Singing is cathartic: parents can reduce their stress levels through song so they are more able to cope with the pressures of parenting.

Teachers and play leaders

- Teachers can improve the way they use their voices through singing, reducing the chances of damaging or losing them. Voice loss is a common reason for teachers taking time off work due to sickness.
- Singing can promote harmony within a classroom and restore order. For example, many teachers use singing as a tool to help children tidy up, get ready for an activity, or as a way to greet one another.

- Classroom behaviour can also dramatically improve, as group singing is a very disciplined and structured activity. Regular group singing has been proven to help improve individual and collective behaviour both in the classroom and playground.
- Singing can inspire and motivate children and make learning fun. A great way to make subjects more interesting is through the use of song. The Sing Up Song Bank is packed with hundreds of songs that link to all aspects of the curriculum and that are appropriate for all primary-aged children.
- Singing aids learning: studies show that children's memories can be boosted through regular singing.

The community

- Singing together can unite a community. School choirs can perform in community venues, bringing schools and their communities together.
- Communities can bring their heritage and traditions into schools through song.
- Singing is free and can be performed anywhere, making it hugely accessible. And everyone can take part; no-one needs to be excluded.
- Singing transcends race, class and social stereotyping. It defines who we are, what we do and what we stand for. From our earliest ancestors to the pop stars of today we have enjoyed, learnt and celebrated with one another through the power of song.





Some final tips before you start

Do warm-ups before you sing Focus on different body actions, your posture, your breathing and preparing your voices.

Do spend time practising each song Record yourselves singing and find ways to create a better sound.

Do perform to other people An audience will give you a buzz and make you want to sing your best.

Do try singing in a variety of formations Stand next to different people and try new places to perform, even outside.

Do make your performances memorable Work on co-ordinated actions and presentation and get feedback from your audiences to help you improve.

Don't accept it when people tell you they can't sing Everyone has a voice and everyone's voice is to be valued.

Don't forget to make the words clear Make sure your audience knows what you're singing about.

Don't shout a song, however much you love it Always aim for a good singing tone.

Don't always choose popular songs Try some challenging material to extend your repertoire.

Don't forget that singing is good for you... and never stop singing!

This Singing Breakfast Clubs resource pack © ContinYOU 2009.

The songs featured on the activity sheets and on the enclosed CD are available on www.singup.org, where you can also access and print a full piano arrangement. Track details for the CD are as follows:

- Track 1 was recorded for the Sing Up programme by Ex Cathedra Junior Academy (www.ex-cathedra.org), produced by Krzys Weber, mixed and mastered by Ron Knights at www.mediagrove.com and Nic Rowley at Vandborg Studios.
- Tracks 2, 4 and 5 were recorded for the Sing Up programme by Fulham Prep School Chamber Choir (www.fulhamprep.co.uk) and the Academy of Contemporary Music, Guildford (www.acm.ac.uk), mixed and mastered by Ron Knights at www.mediagrove.com and Nic Rowley at Vandborg Studios.
- Track 3 was recorded for the Sing Up programme by The Sage Gateshead (www.thesagegateshead.org), mixed and mastered by Ron Knights at www.mediagrove.com and Nic Rowley at Vandborg Studios.
- Track 6 was recorded for the Sing Up programme by The National Youth Choir of Great Britain Southern Juniors (www.nycgb.net), mixed and mastered by Ron Knights at www.mediagrove.com and Nic Rowley at Vandborg Studios.
- Track 7 was recorded for the Sing Up programme by St Joseph's Preparatory Choir (www.st-josephs.reading.sch.uk), mixed and mastered by Ron Knights at www.mediagrove.com and Nic Rowley at Vandborg Studios.

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Shake up! Singing games

Let's warm up!

The warm-ups and vocal routines on these activity sheets and on the CD are a great way to lead into the singing games.



1 Walkabout

Walk around the space to a slow, steady beat as the leader counts 'One, two, three, four' out loud, allowing one number per step. On number one, stretch your arms to the ceiling and on three, wrap your arms around yourself and make a small body shape with bent knees. You can invent other stretches or change the sequence.

2 Face off

The leader calls out a 'mood' word, for example: 'scared', followed by a slow countdown: 'Three, two, one...' On number one, everyone has to freeze and make a 'scared' face. The leader repeats this using three other mood words and then awards a 'limelight' moment to those who produced the best examples, so they can show their expressions to everyone else. Start again with another leader and have a camera handy to snap those expressions!

Other 'mood' words you could use: happy, bored, shy, nervous, proud, confident, smug, pleading, horrified, blank, excited...

3 Ghosts

Make the spooky sound 'Ooooooh' and let your voices slide up and down, going as high and low as is comfortable. Work in pairs to practise a short piece; for example, one voice slides up, the other voice slides down – or you might try 'call and response' ghosts. Add arm movements and make terrifying faces for a scary performance!

Welcome!

A welcome song with different solo leaders – sung to the tune of *There was a farmer had a dog.*

Words and actions

Solo: I welcome everybody here; it's really good to see you!

Solo: Clap hands! That's the way

All: Clap hands! That's the way

All: Clap hands! That's the way

All: Now who will be the leader?

Establish the tune by running through the song a few times then work round the circle for each new leader so the game runs smoothly, without any breaks.

This activity encourages solo singing and gives everyone a chance to take on the leader's role.



Say hi!

A rap with actions,
a chance for catwalk
queens to shine.

Words

Actions

Say Hi!

Hi-fives with each 'neighbour'

Can you fly?

Hands flutter near the waist

Spread your wings across the sky?

Arms out like the wings of a plane

Make your smile

Broad smile

Stretch a mile!

Index fingers draw a wider smile

Looking good! It's just your style!

Cool catwalk pose

Walkin' tall, down the mall

Four steps forward – any dance style

Stridin' out, you'll never fall!

Four steps back – any dance style.

Stand in a circle to perform this rap and exaggerate each action, particularly the catwalk poses!

Greetings!

A circle ring game, and a good
ice-breaker, Sung to the tune
of *Ring a ring o' roses*.

All: I am going to greet you, 'cos I'm pleased to meet you

Leader: Shake hands...

All: ...shake hands, and move around the ring.

Stand in two circles with the inner circle facing outwards, so that everyone has a partner. The leader chooses a greeting, for example, 'Shake hands' and everyone echoes on line three. On the final line, the outer circle moves round one place left, so that every player has a new partner.

Change the greeting each time and be really inventive – examples you could try: curtsy... hi-five... bow low... hop on one foot... Bonjour!... take off your hat... pull a face...



Sing up...

Time to sing *Halima pakasholo*, Sing Up CD track 3.

A beautiful Namibian welcome song, this is a call and response piece with two 'answering' parts, sung in harmony. Listen to the whole song and notice how the parts fit together like a musical jigsaw puzzle.

The words to the 'response' part in verse one are always the same ('Halima, halima') but there are two short tunes to learn and each one comes twice. The second tune, starting halfway through verse one, has a big jump at the beginning, so listen really carefully before joining in. Follow all four verses, just singing the first response part, but listen out for the other vocal patterns as you're singing. The second 'response' part, heard in verses two, three and four, is very simple and always starts on the note where the 'call' finishes.

Browse through the online Sing Up Song Bank (www.singup.org) for other warm-up songs. Try: *1, 121, Come dance with me, Warm up and Stomp canon.*

Shake up! Singing games

Let's warm up!

Here are some exercises to get you energised...

1 Keeping shoulders in an open line
 Do this the wrong way first. Stretch your arms out in front of you, with thumbs down. Bring your arms back to your sides and feel how your shoulders are pulled in. Now try the right way – arms out with thumbs up. Bring your arms down to your sides and feel how the shoulders are pulled back slightly, giving a much more open position for singing.

2 Moving circles
 Do a 'hula hoop' action and roll your hips around with large movements; don't forget to have a go in both directions!
 Plant your feet firmly on to the floor, bend slightly and move both your knees round in circles. Stand on one foot and make your free ankle turn a circle. Now try with the other one.
 Finally, imagine that you've dipped your elbow in yellow paint. Make a big round pattern in the air leaving an imaginary yellow circle behind. Do this on the other side as well.

3 King Kong
 Beat your chest with your fists, drop your jaw and use your deepest voice to announce: 'I am King Kong!' Introduce yourself in this way to your singing neighbours, as you all walk round the space.



Welcome to our house

A song that uses a simple clapping action, performed in pairs and sung to the tune of *This old man*.

Keep a strong beat, face a partner and try this pattern:

Clap right hands, *clap own hands*, clap left hands, *clap own hands*... this pattern is repeated twice during every line.

Practise this pattern until it's absolutely secure, then try the song. Sing without any clapping until everyone is familiar with the actions, words and tune.

Here's our door, open wide
 Hang your coat up, step inside
 Wipe your shoes upon the mat
 Feed the goldfish, stroke the cat.

We're so pleased that you're here
 Let's all give a great big cheer!
 Now you've met the family
 Grab a chair and stay for tea!



Lemonade

This is a very old traditional call and response singing game, from a time when goods were sold on the pavements by street traders.

The song is sung on two notes (G and E – just like a ‘cuckoo’ call) and helps the customers to find out where the singer (and his drink) comes from. Everyone sits in a circle and the trader (leader) carries a lemonade bottle round as he sings. When the song is finished, the leader passes the bottle to another member of the circle and the game continues with a new ‘trader’.

Leader: Here I come! **Group: Where from?**
Leader: Cedar Drive **Group: What’s your trade?**
Leader: Lemonade **Group: Give us some, don’t be afraid!**

The lemonade-seller chooses an ‘address’. It could be a city, town, village, street or school or, if you want to be more adventurous, another country or planet. Once the game is established, encourage the traders to invent more drinks: limeade, cherryade, toffee-ade and so on.

Hello to you

Sing this international welcome song to the tune of *The animals went in two by two*. Use the greetings in languages that are relevant to your group, for example: ‘Jambo’ (Swahili), ‘Hola’ (Spanish) ‘Ciao!’ (Italian).

Leader: I want to say ‘Hello’ to you, bonjour... **Echo: Bonjour!**

Leader: I want to say ‘Hello’ to you, bonjour... **Echo: Bonjour!**

It’s always good to say ‘Hello’ and here’s a special way I know,
Give a smile and a wave and then we say... **Everyone: Bonjour!**

Hello around the ring

A simple ‘question and answer’ dialogue.

Let the chant pass around the circle, using a drum or tambourine to keep a strong rhythmic beat. The chant lets everyone ask the questions and give the answers. Person A starts by addressing Person B, on his or her left, and the idea is to keep the game going all around the circle, without a break.

A: You ok?
B: Just about!
A: How’s your neighbour?
B: I’ll find out! (Person B is now Person A)*
A: You ok?
B: Just about!
A: How’s your neighbour?
B: I’ll find out!

*Person B turns to the person on his/her left and becomes person A.



Sing up...

Time to sing *Halima pakasholo*, Sing Up CD track 3.

This song fits in with the ‘welcoming’ theme. Sing whichever part appeals to you and enjoy listening to the vocal percussion part underneath. It’s just like a drum; playing clever off-beat rhythms, driving the song along.

Remember that the second tune, starting halfway through verse one, has a big jump at the beginning. Follow all four verses, just singing the first response part, but listen out for the other vocal patterns as you’re singing. The second ‘response’ part comes in on verses 2, 3 and 4 and always starts on the note where the ‘call’ finishes.

Other welcoming tunes in the Song Bank:
H.E.L.L.O and *Hello hello*.

Shake up! Singing games

Let's warm up!

It's important you feel relaxed before you start. Try these muscular stretches, followed by the last exercise, to loosen your vocal cords.

1 Shoulder rolls

Roll your shoulders forwards. Do it gently and slowly, beginning with small movements the size of tennis balls. Then, make the circles bigger – think of footballs. And finally, make the largest rolling movement you can – beach balls! Repeat this, but roll your shoulders backwards this time.

2 Stretches

Stretch both arms above your head and join your hands by linking fingers. Now turn your hands 'inside out' so that your palms are facing the ceiling. Gently push your hands upwards three times, stretching arms, shoulders and neck. Now undo your fingers and bring your arms slowly down, still stretching until they reach your sides. Finally, shake your arms to get rid of all the tension.

3 Voice patterns

Draw a curved line in the air with your finger, like a rollercoaster track. Draw it again and try singing 'ah...', making your voice go higher and lower to match the shape of the line. Work in pairs, singing your partner's line, or choose a 'conductor' so that everyone follows the same pattern.



Build that Ark



An echo song with actions.

Sing to the tune of *Frère Jacques*.

Words

Find a forest
Choose your tree
Cut it down with axes
Carefully!

Shape the timber
With your saw
Gotta put a roof on
Build a floor!

Noah's ready
So's his boat
Feel those heavy raindrops
Time to float!

Actions

Hands over eyes, gazing out
Arms make a trunk, fingers as branches
Chopping actions
Chopping actions

Fingers trace the shape of a plank of wood
Sawing action
Fingertips touch, making a roof shape
Hands move horizontally

Thumbs up
Hands wide apart showing a really large boat
Look up; hands held out to feel raindrops
Hands make wave patterns



Frère Jacques is in the Song Bank

– invite other singers to be the leader too!

Animal echo rap

This chant will help you practise making really clear lip shapes, ready for singing. This kind of chant or poem is called a 'kenning'. Guess the name of each creature and have a go at inventing your own 'kennings'. Invite new people to lead too.

Keep a strong beat throughout, adding clicks, claps or moving from foot to foot to keep everyone in time! Perform the rap several times making each version different: for example, quieter, faster, higher, whispered.



Leader: Jaw snapper!... Echo: Jaw snapper!

Leader: Tail wagger!... Echo: Tail wagger!

Leader: Grass chomper!... Echo: Grass chomper!

Leader: Flower hopper!... Echo: Flower hopper!

Leader: Woolly bleater!... Echo: Woolly bleater!

Leader: Tree swinger!... Echo: Tree swinger!

Leader: Sky swooper!... Echo: Sky swooper!

Leader: One more time!... Echo: One more time! (Final line 'Last time!')



Sing up...

Time to sing *The animals went in two by two*
Sing Up CD track 5.

Listen to the song and notice the bouncy 'oom cha' rhythm of the introduction. Join in with 'Hurrah' each time it comes. Remind each other of the changing lines, for example, '*The elephant and the kangaroo ... the wasp, the ant and the bumblebee*'.

Sing the song lightly, making the words really clear and when it's really familiar, split into two groups, one singing the main storylines and the other providing the 'Hurrahs'. Try swapping the groups over for alternate verses.

Other Song Bank songs about animals, building or counting:

The bear went over the mountain, Building, The counting backwards song, Five fine bumble bees, Five little ducks.

Animal antics

Another action song – sing it to the tune of *Heads, shoulders, knees and toes*. This one's in the Song Bank too.

How to play the singing game

- 1) Sing the words through to the well-known tune.
- 2) Practise the actions slowly until they're really familiar.
- 3) Put the actions to the song but don't sing it too quickly.

Now for the game:

It's just like playing *Heads, shoulders, knees and toes*.



First time: sing every animal's name

Second time: miss out 'moose' but do the action

Third time: miss out 'moose' and 'monkey' but do the actions

Follow this pattern until no animal's name is sung; speed up this verse and perform the actions really quickly.

Moose, monkey, kangaroo, kangaroo!
Moose, monkey, kangaroo, kangaroo!
And worm and owl and butterfly and flea,
Moose, monkey, kangaroo, kangaroo!

Actions

Moose: Put both hands on your head and stick out your fingers to be antlers.

Monkey: Make scratching actions by your ribs.

Kangaroo: Hands held in front (as if you're holding a horse's reins) and jump three times.

Worm: Wiggle one index finger.

Owl: Make circles with each thumb and index finger and place around your eyes.

Butterfly: Put hands together with thumbs touching and make flying wings by bending your fingers.

Flea: Put your index finger on the other palm; make it 'jump' up in the air.

Shake up! Singing games

Let's warm up!

Try mixing some vocal warm-ups with exercises that test your fine motor skills. Use tongue-twisters to loosen your jaw and get your lips and tongue ready for singing.

1

Tongue-twisters

These are challenging, but very good for concentration and they encourage clear enunciation.

Red lorry, yellow lorry.

Betty Botter bought some butter, but she said: 'This butter's bitter!
But a bit of better butter, that will make my butter better!
So she bought some better butter, better than the bitter butter,
And it made her butter better, so 'twas better Betty Botter
Bought a bit of better butter!

2

Hardest of all - The Leith police dismisseth us!

Spirals

Hold one arm out in front of you, pointing your index finger out, and begin drawing a tight spiral shape in the air. Very gradually, widen the spiral until the shape grows so large that you have to reach up on tiptoe for the top and bend your knees to reach the bottom. Repeat with the other hand. Which person will make their spirals last longest? Can you manage with both hands at the same time? Try facing a partner and mirroring their action exactly.



Sky lights

A skipping song for a long rope, sung to the tune of *Aiken drum*.

Here's the golden sun to bring the day
To bring the day
To bring the day
Here's the golden sun to bring the day
But the night is on its way!

Here's the silver moon to bring the night
To bring the night
To bring the night
Here's the silver moon to bring the night
But the sun is on its way!

The 'enders' start turning the rope and the first skipper (the sun) jumps in and skips as everyone sings the first verse. When you reach the line 'but the night is on its way', a second skipper (the moon) jumps in and the 'sun' jumps out. Similarly, as you reach the last line of the second verse, a new 'sun' skipper jumps in and the 'moon' jumps out.

Keep the game going so that lots of suns and moons have opportunities to skip.



Follow-my-leader

Easy version

The leader performs six actions, for example: clapping hands, sliding palms, clicking fingers, tapping shoulders, slapping knees and wiggling ears, making sure that each action is repeated four times. The other players echo after each set of four.

Leader: clap..... slide..... click..... tap..... slap..... wiggle.....
Echo: clap..... slide..... click..... tap..... slap..... wiggle.....

Harder version

To move this activity up a level, the leader performs the same actions but doesn't wait for the 'echo', so that the players have to watch and memorise the leader's new pattern as they're copying the last one.

Leader: clap, slide, click, tap, slap, wiggle.....
Echo:clap, slide, click, tap, slap... wiggle.....

Invent new patterns and use different leaders.



Sing up...

Time to sing *This little light of mine*, Sing Up CD track 1.

Listen to the song and its lively accompaniment and join in with the chorus – but take care not to shout the words. Play the recording, singing along to the chorus, but listening carefully to how the words of the verses fit the tune.

Other songs in the Song Bank for you to try:
Sing a rainbow, I can see clearly.

Sakura

Sakura (Cherry blossoms') is one of the most well-known Japanese folk songs. You'll find this song in the Song Bank.

Words

sakura sakura
noyama mo sato mo
miwatasu kagiri
kasumi ka kumo ka
asahi ni niou
sakura sakura
hana zakari

sakura sakura
ya yo i no so rawa
miwatasu ka giri
kasumi ka kumo ka
ni o i zo i zuru
i za ya i zaya
mi ni yu ka n

Translation

Cherry blossoms, cherry blossoms
Blanketing the countryside
As far as you can see
Is it a mist, or clouds?
Fragrant in the morning sun
Cherry blossoms, cherry blossoms
Flowers in full bloom

Cherry blossoms, cherry blossoms
Across the spring sky
As far as you can see
Is it a mist, or clouds?
Fragrant in the air
Come now, come
Let's look, at last

This song depicts
spring – the
season of the
cherry blossom.



Shake up! Singing games

Let's warm up!

Singing is all about controlling your breathing. Exercise three will help you to hit and hold a pure note.

1 Knee bends

Bend your knees gently, keeping your back straight, and go down as far as feels comfortable. Come up again slowly and stand on tiptoe, stretching your legs and lifting your arms up high. Relax, then repeat the warm-up a few more times.

2 Pull faces

Screw up your face as if it were a paper bag, making all your features tiny, tight and scrunched-up. Now stretch out your face, making it huge, as if it were painted on a giant balloon with wide eyes and a gaping mouth. Feel the difference between the two shapes.

3 Breathing

Blow all the air out of you – every last bit! Now, push out your tummy and feel yourself slowly filling up with air, but don't let your shoulders go up. Hold on to that fullness for a few seconds and then let it go, evenly, as if you're blowing out candles on a birthday cake, making the breath last for four seconds. Repeat, but make your breath last for eight seconds this time.

Power cut

Sing to the tune of *Sing a song of sixpence* and try to bring out the humour!

We were watching snooker
On granny's new TV
Suddenly the power went
At twenty-five past three
Dad got really angry
He sulked and went to bed
Then granny found some candles
In the cupboard in the shed!



Change some of the words to invent more verses. Find another programme for the family to watch and think of other items that gran could find in the cupboard to help during the power cut... chocolate, sarnies, a cup of tea, a lighthouse...

You could rewrite this song, finding new rhymes for line six, if granny's cupboard was: under the sink, in the hall, by the stairs, by the stove, and so on...



Light up

A song about candlelight sung to the tune of *Pease pudding hot*.

One candle flame
One small light
Changes a dark room
Makes it bright!

Two candle flames
Two small lights
Changes a window ledge
Makes it bright!

Three candle flames
Three small lights
Changes a birthday cake
Makes it bright!

Four candle flames
Four small lights
Changes an Advent crown
Makes it bright!

Think of new places that would benefit from candlelight and change line three of the verse. Sing verse one with a few voices, add more for verse two and so on until everyone's singing.

Sing gently and quietly and add some bells for an accompaniment. Could you invent new verses for five or six candles?



Star bright

A traditional nursery rhyme.

Sing the words on two notes which provide the simplest tune just like the 'cuckoo' call. The notes G and E work well, if you have a keyboard handy.

Divide the singers into four groups and ask each group to perform a line or try singing it as a round, with each group of singers starting a line later than the previous one:

Star light, star bright
First star I see tonight
Wish I could, wish I might
Have the wish I wish tonight!



Sing up...

This little light of mine, Sing Up CD track 1.

Watch out for the note that begins the last phrase of the chorus ('Let it shine!'). It's a 'blues' note and might take you by surprise because it's not quite what you might expect!

Sing the song with a small solo group taking responsibility for the verses and everyone else singing the choruses. Add some stepping and clapping patterns to give your performance a lively edge.

Some other Song Bank rounds to try:
Frère Jacques, *Senwa dedende*, *Si si si*.

Let's warm up!

Introducing props into your singing games can add to the fun. Try warming up with this foot-tapping exercise, which will get the singers alert and active.

1

Foot tappers

Stand on one leg as you tap the other foot to this pattern – it has six beats:

Tap in front, then bring one foot back beside the other foot and tap again... Tap to the side, bring back to the other foot and tap again... Tap behind, bring back to the other foot and tap again.

Try with the other foot and repeat the whole pattern several times, without any pauses... don't fall over!

Now make these foot taps into jumps by doing them with both feet at the same time:

Jump forward, jump back,
Jump with feet apart,
jump bringing feet together,
Jump back, jump forwards.

Encourage new ideas for nifty footwork!



Birdie birdie

A ball-rolling game sung to the tune of *Skip to my Lou*.

Words

Birdie, birdie, sing for me
Sitting in the kola tree
Birdie, birdie, sing for me
Sing your sweetest melody.

Actions

Two players share a ball and sit opposite each other with legs in a v-shape. The ball is rolled between the players while they sing, at a speed that will ensure it arrives just as the line comes to a close. This activity encourages teamwork, for example, deciding:

- how far to sit apart?
- what size ball works best?
- on which word/syllable should the ball arrive?
- will both players sing throughout, or will they share the lines alternately?
- can the game be adapted for more than two players?
- could the action be changed – what about bouncing, throwing or dribbling?

The kola tree is found in Ghana, the country where the song *Senwa dedende* comes from.



A vague vulture

A chant to accompany a simple throwing game played in a circle. You could try playing this before singing *Senwa dedende*.

Words

Lost my nest
It was best
Where d'you think
I left it?



Actions

Everyone stands in a circle with one person (the leader) standing in the middle, holding the ball. During the first line, the leader throws the ball to someone in the circle; during the second line, the ball is thrown back to the centre. On the third line, the leader throws to the first person's neighbour and so on, until everyone in the circle has a turn. The aim is to get the ball to land in each player's hands on the strong beat of the chant to give the game momentum and keep it rhythmic. You could try changing the action to bounce, roll, or try changing the sequence to make the game more challenging:

Line 1: Leader throws to someone in the ring (Player 1).

Line 2: The one who receives the ball throws to his/her immediate neighbour on the left (Player 2).

Line 3: Player 2 throws the ball to Player 1.

Line 4: Player 1 returns the ball to the leader.

Next time, the leader throws to Player 2...

Bounce and catch

A chant to say while bouncing a ball, or sing it to the tune of *Little brown jug*.

Bounce and catch, bounce and catch
Hit the ground and then you snatch
Use your left and use your right
Always keep the ball in sight!

The underlined syllables show the precise moments of contact both with the ground and the player's hands. In line three, some players might be able to catch the ball with the left and right hand as indicated by the words. This is a song for individual players so that they can vary the speed of the song to match their skill level.



Sing up...

Time to sing *Senwa dedende*, Sing Up CD track 6.

This is a song about a lazy vulture that has lost its nest. African songs are sung with movement, so invent a swaying or stepping action that follows the strong beat. There are only two words to learn, which means the singers can concentrate on vocalising the beautiful melody. Although there are syncopated (off-beat) rhythms to enjoy throughout the song, the overall feeling is of a smooth line, so try singing each phrase in one breath. When the song is really familiar, try singing it as a canon – a round in two parts – with the second part entering after group one has sung the first phrase ('Senwa dedende'). Keep listening as you sing.

Instead of singing in two separate groups, try a more challenging way to mix the voices. Stand in a circle and number each singer 1 or 2 alternately. Number '1' singers start singing the canon and all those numbered '2' begin after the initial phrase. This 'surround sound' approach takes away the security of group singing and encourages singers to be more confident about making their entry!

Other world songs found in the Song Bank:

A douze, Ame sau vala tara bal, Eh memarie, Plynie statek.

Shake up! Singing games

Let's warm up!

The first exercise will help you to shake up and wake up. Make up a sequence using the twizzles in exercise two – better still, invent your own!

1 Arm shakes

Shake your arms quite vigorously in front, behind, to the side, high and low, and then stop really quickly when the leader calls 'Freeze!'. On the command 'Shake!', start again.

2 Finger twizzles

Try this finger twizzle: put your thumbs together, then join index, middle, third and little fingers, so that your fingertips are touching in pairs. Now undo them in reverse order – how quickly can you do this?

This next finger twizzle is harder. Using one hand only, or two hands operating independently, connect each finger in turn with your thumb.

Start with your index finger. As soon as you've joined this to your thumb, pull them apart and then touch your thumb to your middle finger and so on. Now reverse the actions, starting with your little finger and thumb. Do this to a steady beat calling out: 'One, two, three, four' index to little finger then 'Four, three, two, one' as you work backwards. Do this while you sing easy four-beat nursery rhymes, such as: *Baa, baa, black sheep* or *Bobby Shafto* – it's a great focus-builder! Can you stamp your feet on the beat as well?

Mountain mouthful

Sing this tongue-twisting list of mountain names to the tune of *John Brown's body*.

The idea is to make the lips, teeth and tongue work really hard to make every word clear, so don't sing this too quickly at first. Only speed up when you're familiar with the song.

Well, would you climb up Everest, the Alps or Ararat?
What about Mount Etna – do you like the sound of that?
P'raps you fancy Fuji or the slopes of Snowdon, more?
Or would you rather keep your feet stuck firmly on the floor?

Could you really climb a mountain?
Would you really climb a mountain?
Should you really climb a mountain?
Or would you rather keep your feet stuck firmly on the floor?

Keep the singing light and bouncy!



Train ride

A rap that runs like a train journey.

Train at the station
Get inside
Shut the doors
We're ready to ride!

...*Start slowly*

Train's left the station
Gathering speed
Get out the sandwiches
Food's what we need!

...*faster...*

Roaring along
Like a force-ten gale
Eating up miles
Of silver rail.

...*fast as you can...*

Look out ahead
It's London town
Can you see the Eye?
We're slowing down!

...*slowing down...*

Find your luggage
Ticket too
The train has stopped
At platform two.

...*chant very slowly...*

Have fun changing some of the words.

...*until...*

The journey doesn't have to stop in London,
so why not find another town or city and
think of a landmark to swap for the 'Eye'?

...*you...*

Try other Song Bank songs about trains:

Train coming and

She'll be coming round the mountain.

...**STOP!**

Mountains and volcanoes

This is an action song – sing it to the tune of *A ram sam sam* sometimes known as *A pizza hut*. When you know it really well, perform it as a canon (like a round, but with only two parts) starting the second part at the asterisk*.

Words

A mountain top, a mountain top

A big volcano and a mountain top

*A hill and a valley

A big volcano and a mountain top.

Actions

Arms in front fingertips touching

Push your fingers up to explode
into a lava shower then touch again

One arm scoops up-and-over, the
other scoops under-and-up

Lava shower and then fingertips
touching again for a mountain top



Sing up...

Time to sing *She'll be coming round the mountain*, Sing Up CD track 2.

This popular song will soon have everyone joining in, but make sure it's singing, not shouting. There's a chirpy banjo accompaniment and it would be such a shame to drown it! Encourage a leader to start each verse so that the rest can join in without using repetition. It's fun to add appropriate calls and gestures after each verse line:

She'll be coming round the mountain when she comes... Toot! Toot! (pull on train whistle)

She'll be driving six white horses.... Whoa back! (pull reins)

Oh we'll all come round to meet her... Yee har! (hand slap on thigh)

We'll be having chicken and dumplin's... Yum, yum! (rub tum)

Oh we'll be shoutin' 'Halleluja'... Halleluja! (Practise the lines of the final verse: 'Oh we'll be shoutin' Halleluja...' because there's an extra syllable to fit in at the beginning of every line.)

Shake up! Singing games

Let's warm up!

This time a mix of exercises: some nose-writing (!) and some lyrical nonsense – all good ways to get your group ready to sing.

1 Star jumps
A star jump has two parts: first jump and land with your feet apart and your arms stretched out and up and then jump to bring your feet back together and your arms by your sides. Star jumps can be performed on the spot or they can travel forwards or backwards – they're really good for getting your body moving early in the morning and should give you an energy buzz!

2 Nose-writer
Write your first name in the air with the tip of your nose. Now try writing your surname or your favourite food. Be adventurous with your nose-writing!

3 Sounds crazy!
Sing these nonsense syllables to the tune of *Three blind mice*. The sounds will get your lips and tongue working, warm up your tonsils and hopefully make you smile. Exaggerate every mouth shape as you sing.

Bloo, blah, blee! Bloo, blah, blee!
Bloo, blah, blee! Bloo, blah, blee!
Be bloo-be-doo-berry, doodle dee!
Be bloo-be-doo-berry, doodle dee!
Be bloo-be-doo-berry, doodle dee!
Be bloo, blah, blee!

I feel lazy

A rap for two groups that should inspire a bit of get-up-and-go early in the morning.

First group

I'm so tired
I'm staying in bed
My bones feel heavy
Made of lead
I can't get up zzz
Can't do a thing zzz
And if I need you zzz
I will ring!

Second group

That's a shame
Table's laid
All your favourites
Freshly made
Could you struggle
Out of bed?
And try a crumb of
home-made bread?

First group

I feel better
I feel fine
Leave that breakfast
It's mine all mine
Are there seconds?
I'd like more!
Then I'm flying
Out that door!

This rap could lead into a discussion of favourite foods – a great activity for a breakfast club!



Don't be a couch potato

Sing to the tune of *Knees up, Mother Brown*.

Sat on our settee
Sat on our settee
Watching telly
Watching telly
Sat on our settee.

Then follow with these verses...

*Munching bags of crisps... Scoffing apple pie... Greasy bags of chips...
Pizza slices next... Doughnuts for our pud... Feeling really ill...*

Final verse...

Stuck on our settee
Stuck on our settee
Feeling worse
I'm going to BURST...
Stuck on our settee.

Spoken: And the moral of our story is:

Switch off that TV
Have a proper tea
Eat more salad
Sing this ballad
Don't end up like me!

TRY THIS

Sing the song in an appropriate blobby 'couch potato' voice, except for the final verse. Make hats bearing pictures of the foods named in the song and invent title badges for your singers: chip chewer, pizza eater, doughnut devourer... to get your point across!

Sing up...

Time to sing *Senwa dedende*, Sing Up CD track 6.

The beat falls on the 'off beat', but you should try to keep the delivery smooth, so try singing each phrase in one breath. When the song is really familiar, try singing it as a canon – a round in two parts – with the second part entering after group one has sung the first phrase: 'Senwa dedende'.

Other world songs in the Song Bank

A Douze, Ame sau vala tara bal, Eh memarie, Plynie statek.

Wake up!

A rap with a repeated pattern of actions.

Wake up! Wake up!
Let's start our day
Just move your limbs
And don't delay
Are you ready? Two, three, four
Steady? Two, three, four
Do that pattern
One more time!

Use both hands for the actions, which start on the first 'up':

- 1 Touch the top of your head
- 2 Touch your shoulders
- 3 Touch your waist
- 4 Touch your hips

The grid shows you where the strong beats fall

	1	2	3	4
	Head	Shoulders	Waist	Hips
Wake	up!	Wake	up!	Let's
	start	the	day!	Just
	move	your	limbs	and
	don't	de-	lay	Are you
	ready?	2	3	4
	Steady?	2	3	4
	Do	that	pat-	tern
	One	more	time	(Wake)

Gradually speed up the actions so your performance gets really slick!

Shake up! Singing games

Let's warm up!

The mouth moves look really funny and will make everyone laugh – that's no bad way to start a singing session.

1 Mouth moves

Relax your face, mouth and jaw by blowing out through loose lips making them vibrate. You'll make the sound of a horse!

2 Turnabout

Stand with feet apart, to match the width of your hips. Now imagine gluing your feet to the ground and then turn your upper body round as far as you can, to look behind you. Turn the other way and feel your muscles moving and stretching. Repeat on both sides.

3 Breathing

Breathe out all the air in your lungs. Now push out your tum and fill up with new air again – keep those shoulders down. Hold the air in for a few seconds then puff it out in short spurts, feeling your tummy wall pulling in each time until it's all gone.



Fire! Fire!



A nonsense chant for a clapping game.

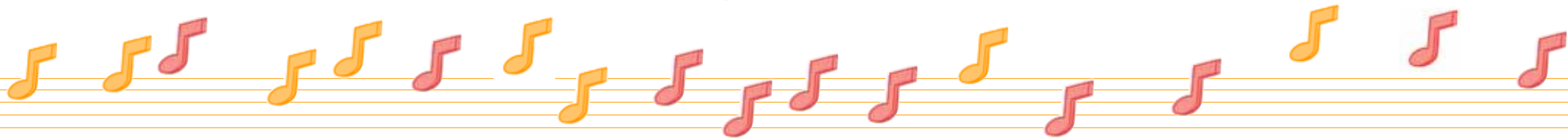
Follow this simple clapping action, performed in pairs, and keep to a strong beat. Make sure that the clapping is secure before you add the rhyme:

Clap right hands, clap own hands, clap left hands, clap own hands...
This pattern is performed **once** during every line.

Fire! Fire! What shall we do?
Borrow a bucket from Aunty Lou
Aunty Lou has gone to Chester
Borrow one from Aunty Hester
Aunty Hester's gone to Spain
Borrow one from Aunty Jane
Aunty Jane has gone abroad
Borrow one from Aunty Maud
Aunty Maud just gave a shout
'You're too late, the fire is OUT!



Stand in a circle facing your partner, so that you're back-to-back with someone else. When the game is over, turn around and play it with a new partner. Invent different clapping patterns and try performing them in larger groups.



London town!

Sung to the tune of *The animals went in two by two*.

Words

We're up and down to London town

Let's go, let's go!

We're up and down to London town

Let's go, let's go!

We'll wander round and see the sights

Lit up by all those dazzling lights!

It's a groovy city

So off to London town!

Everyone finds a partner. Now decide which one of each pair is A and which is B and arrange the partners in a circle with A and B positioned alternately. Once the game song is finished, everyone is standing next to a new partner, ready to start the activity all over again.

Actions

Person A sings and walks into the circle, taking four steps

Person A sings and walks backwards to their place, clapping after each 'Let's go'

Person B sings and walks into the circle, taking four steps

Person B sings and walks backwards to their place, clapping after each 'Let's go'

A and B face each other and clap each other's hands together, four times

A and B (still facing) tap their own knees, four times

A and B hold hands and turn to swap places

Face into the circle again, ready to repeat with a new partner



Campfire

A round, to the tune of *Frère Jacques*.

Build a campfire, light the campfire
Roaring flames, dancing flames
Why not toast marshmallows?
Play some games!

Sing this all together until everyone can fit the words to the tune. Then try in two parts using strong singers to lead each group. If you feel confident, try it in four parts, but don't shout and keep listening to the other singers so that the music blends well.

Other ideas

Find a suitable instrumental sound for the roaring/dancing flames. Perhaps a reward for good singing might be some toasted marshmallows to share?



Sing up...

Time to sing *London's burning*, Sing Up CD track 7.

This is a very well-known song that refers to the Great Fire of London in 1666, but it was probably written a long time afterwards. It is a very familiar piece of the school repertoire, but the high notes in the third phrase are often squeaked or screeched. Make sure that singers warm up their voices before you start and let the high notes float out gently. If you tackle the song as a round, try it in two parts first with strong leaders to support each group.

Some other Song Bank rounds to try:

Frère Jacques, *Senwa dedende*, *Si si si*.

Shake up! Singing games

Let's warm up!

Find other silly syllables for the voice warmer and fit them to different tunes. The body percussion demands concentration because the pattern changes each time.

1 Head swings
 Head swings are physical warm-ups that aren't easy to describe, so try this approach. Look up to where the wall meets the ceiling. Now sweep your eyes down the wall, across the floor, and up the opposite wall to where it meets the ceiling again. Now reverse the action and you've completed two head swings. Do this action slowly and gently to release tension in the neck.

2 Voice warmer
 Sing these nonsense sounds to the tune of *Baa, baa, black sheep*:
 Doo bee, doo bee, doo-bee-doo-bee-doo!
 Doo bee, doo bee, doo bee, doo!
 Doo doo-bee, doo doo-bee, doo doo-bee doo!
 Doo doo-bee doo-bee-doo-bee, doo doo-bee doo!

3 Body percussion patterns
 Demonstrate the pattern and explain that on each line a sound is removed from the beginning, with a new one introduced at the end. Encourage singers to invent their own evolving patterns. Try introducing vocal sounds, too.
 Stamp, stamp, stamp, stamp,
 Stamp, stamp, stamp, clap,
 Stamp, stamp, clap, nod,
 Stamp, clap, nod, click!



The water is wide

An echo rap – select a leader to speak each line in a rhythmic style. The group copies them exactly.

Water, water, have some water
 Good for sons and good for daughters
 Drink it morning, noon and night
 It will make your eyes grow bright
 Water, water, have a glug
 From a bottle or a mug
 From a cup or from a beaker
 Don't dilute it – it gets weaker!

Set up a stepping pattern, or click fingers on the strong beat, as indicated by the underlined syllables – water, water, have some water...

Have fun changing the leader's part, try high or low voices, or use an accent – American, Australian, Italian... then invite others to take the lead.



Cross the water

A Call and response song performed to the tune of *Oats and beans and barley grow*.

Call: Cross the water, don't be shy...

Response: ... I can't swim; the waves are high!

Call: Then find a raft...

Response: ... O, don't be daft!

Call and response together: We'll find the answer, by and by.

Middle lines for other verses:

Call: Then find a yacht...

Response: ... I'd rather not!

Call: Then board a train...

Response: ... It's late again!

Call: Then row a boat...

Response: ... It might not float!

Call: Then build an ark...

Response: ... It's getting dark!

Initially, have a leader singing the 'call', but once the song is established, encourage other singers to try this role, or simply perform in two groups. Invent other middle lines, the more improbable; the better, for example, 'Then drive a car! It's much too far!'



Stepping stones

A great skipping chant, this activity needs a long rope and two énders!

This is a game for beginner 'skippers' because the rope doesn't turn right over, it simply swings from side to side. The person starts beside the stationary rope and starts to jump once the rope moves.

Stepping stones, stepping stones
Cross the river now
Do not get your slippers wet
Or there'll be a row!
Stepping 'cross the ocean
Stepping 'cross the sea
Stepping 'cross the river
Then you'll be home for tea.

Ask each new skipper to follow on without a break to keep the game flowing.



Sing up...

Time to sing *O waly waly*, Sing Up CD track 4.

This beautiful song has long flowing phrases and needs to be sung slowly, gently and sweetly. Be aware that sometimes extra notes have had to be added to the melody to allow the words to fit and make sense. Use the echo tracks to learn the song thoroughly and when it's truly familiar try singing *O waly waly* supported only by the backing track. It is the most glorious song and deserves your very best singing!

Other Song Bank songs about water:

The animals went in two by two, Bobby Shafto, Five little ducks, I do like to be beside the seaside, Michael row the boat ashore, Pirates, I turn on the tap, A sailor went to sea.