



1. Singing is an emotional release for adults and children alike so it de-stresses and relaxes you.
 2. Singing promotes wellbeing. After singing you could experience any or all of the following: improved lung capacity, high energy, relieved asthma, better posture, enhanced feelings of relaxation, mood and confidence.
 3. Singing improves your ability to listen – before singing a note, you have to first accurately hear it. This inner hearing is an aid to all silent problem solving, such as maths and science, and also a crucial skill for silent reading. There is very little you can achieve without listening.
 4. Singing improves your breathing, and breath is life! With so much time spent sitting in front of a computer, we are in danger of becoming a race of shallow breathers.
 5. Singing boosts the immune system. A study at the University of Frankfurt found that choir members had higher levels of immunoglobulin A and cortisol – markers of enhanced immunity – after they sang Mozart’s Requiem than before. Just listening to the music did not have this effect.
- “The greatest service to the population would be if every school day could begin with singing. I have never met a member of a choir who was depressed” Yehudi Menuhin



Stay positive.

Make sure children don't feel judged...

When teaching children to sing individually, it's extremely important to cultivate an atmosphere which is encouraging and non-judgemental. A child can be inhibited for life by a critical look or negative reaction to his contribution.

When a child shares his singing voice with others in a group, he is vulnerable as he is opening himself up to a considerable degree. It is vital that clear ground rules are established, the most important being that everyone's contribution is valued and appreciated.

Equally, if a child chooses not to sing, treat that choice with respect – silence is a vital part of any music making. It is so important that singing games are not threatening in any way, but relaxed and fun. A child will still be able to participate with the whole group even when they don't feel confident enough to sing alone.



Ideas for singing together.

Show some emotion.

Researchers at the Sidney de Haan Research Centre for Arts and Health (SDHRC) in Folkstone state:

“Music has a profound capacity to connect with and express our emotions, and can open up a world of experience and beauty, which goes beyond the mundane and banal realities of everyday life. It can provide a powerful resource in promoting health in a holistic sense, embracing physical, social and mental well-being.”

The following singing game gives ample opportunity for children to let go with their emotions.

Start by choosing some really well known songs, e.g.

- *Happy Birthday*
- *Head, Shoulders, Knees and Toes*
- *If You're Happy and You Know It*
- *The Wheels on the Bus*

Pick one song and sing it in a chosen emotion e.g. sadly, angrily, in a posh voice, etc. Do this a few times,



experimenting with different emotions, and ask children to really go for it with facial expressions and body language.

To extend this idea, ask children to keep their voice happy but display a different emotion in their expression, e.g. a happy voice with a sad face. This is really difficult to do and will take quite a bit of practice.