

CORNERSTONE 2020 RESOURCE

Songleading for Non-Singers *[Elective 3]*

AUTHOR(S):	Anat Halevy Hochberg
SUMMARY:	Come reclaim your voice in a safe and supportive space. We will learn some basic vocal techniques and practical methods for songleading that anyone can learn and apply. <i>-Submitted by Anat Hochberg</i>
TOPIC(S):	Music, singing, songleading
LEARNING OBJECTIVE:	Participants will leave with tools for singing and songleading they can use in their communities.
AUDIENCE:	20-30
TIMING:	90 minutes
APPENDICES:	Songleading Handout Vocal Technique Source Sheet
MATERIALS NEEDED:	Flip chart paper Markers
SET-UP DETAILS:	Chairs in concentric circles.

SESSION TIMELINE & OUTLINE:

0:00-0:15 Intro & Flip Chart Questions

- Introduce agenda
- Go around with names
- Participants will go around with markers to answer these questions posted around the room on flip charts:
 - What is a time music made you feel alive?
 - Why did you come to this session? What do you hope to gain?
 - How do you feel when leading or teaching a song?
 - What are qualities you admire in a songleader?
 - What parts of your body do you use when you sing?
 - When do you want to use your songleading skills?
- Look through flip chart answers, find some common themes

0:15-0:35 - Warm-up & Vocal Technique Exploration & Learning

- Start with body - our body is our instrument
 - Refer to the flip chart question, "What parts of our body do we use when we sing?"
 - Massage and rub over all parts of body - our whole body is a container that we use when we sing
 - Stretch
- Breath
 - Breathing exercises
 - Our breath is the power source for when we sing - it causes our vocal folds to vibrate - just like when we play our guitar, our strumming or plucking guitar strings cause the strings to vibrate.
 - Do a "lung vacuum" to get a low, relaxed breath
 - Hiss out all the air you have
 - When you feel like you have no air left, lean forward, and you will be able to push out even more air
 - While leaning over, hold your nose
 - Come up and let go of just your nose (don't open your mouth) and a big breath will come in!
- Voice
 - The vocal folds are what vibrate when we sing. To sing higher, they are more stretched out. To sing lower, they are more relaxed. (see diagram in attached handout for reference)
 - Do various vocalizes that go higher and lower.
 - Talk about the vocal tract - this is what changes the quality of sound we make (see attached handout for reference)
- Twinkle Twinkle
 - Sing Twinkle, Twinkle regularly
 - Sing it with lips and teeth together
 - Sing it with teeth together, but lips can move
 - Sing with lips together, but teeth can move

0:35-0:55 - Songleading & teaching techniques

- Teach a song
- What did you notice about how I taught it?
- Discuss principles of songleading (see attached handout)
- Songleading tips
 - Whole, part, whole - find a way for people to experience the whole song before breaking it into chunks- play it during a meal, have them count the words (this works great for young kids), have folks
 - When teaching a melody, sing *for* people, not *with* people - so that you can hear them while they are singing
 - Break the song into memorable units
 - Keep the song going! - try keeping a rhythm going, if possible, even while breaking the song up
 - Show the beginning, with your breath
 - Try it different ways - slow, fast
 - Listen, listen, listen! - Are people getting it?
 - Encourage other folks to listen
 - Ways to end the song - slow it down, or yell "one more time!"

0:55-1:10 Master Class - Try it!

- Participants take turns leading and teaching a song, while the leader coaches them and gives them feedback.

1:10-1:25 Parking Lot Q & A

- Time for questions that have not yet been addressed in the session

1:25-1:30 Closure

- Depending on size of group, have a go around or a pair share of one thing you are taking with you, or one thing you want to learn more about.