



DISCOVER



U-Sing Clubs



DISCOVER

Leslie Timmons | Stacey MacArthur
Utah State University Extension

Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

Purpose

The purpose is to create an environment for families to come together and participate in learning activities while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), the state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Lerner et al., 2005).

Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran's status. USU's policy also prohibits discrimination on the basis of sexual orientation in employment and academic related practices and decisions. Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran's status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of employment, against any person otherwise qualified. Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities. This publication is issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth L. White, Vice President for Extension and Agriculture, Utah State University.



Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

The 4-H Motto

"To Make the Best Better!"

The 4-H Pledge

I pledge: My HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service and my HEALTH to better living, for my club, my community, my country, and my world.

4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or both.

Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club Member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form (print these from the www.utah4h.org website or get them from the county Extension office).

Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth are in your club, you can decide how many officers you would like. This will typically include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for both ages. Your club may decide the duration of officers 6 months, 1 year, etc.



A Typical Club Meeting

Follow this outline for each club meeting:

- Call to order—president
- Pledge of Allegiance and 4-H Pledge—pledge leader (arranges for club members to give pledges)
- Song—song leader (leads or arranges for club member to lead)
- Roll call—secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- Minutes of the last meeting—secretary
- Business/Announcements—vice president
- Club Activity—arranged by activity facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- Refreshments—arranged by refreshment coordinator
- Clean Up—led by clean-up supervisor



Essential Elements of 4-H Youth Development

The essential elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

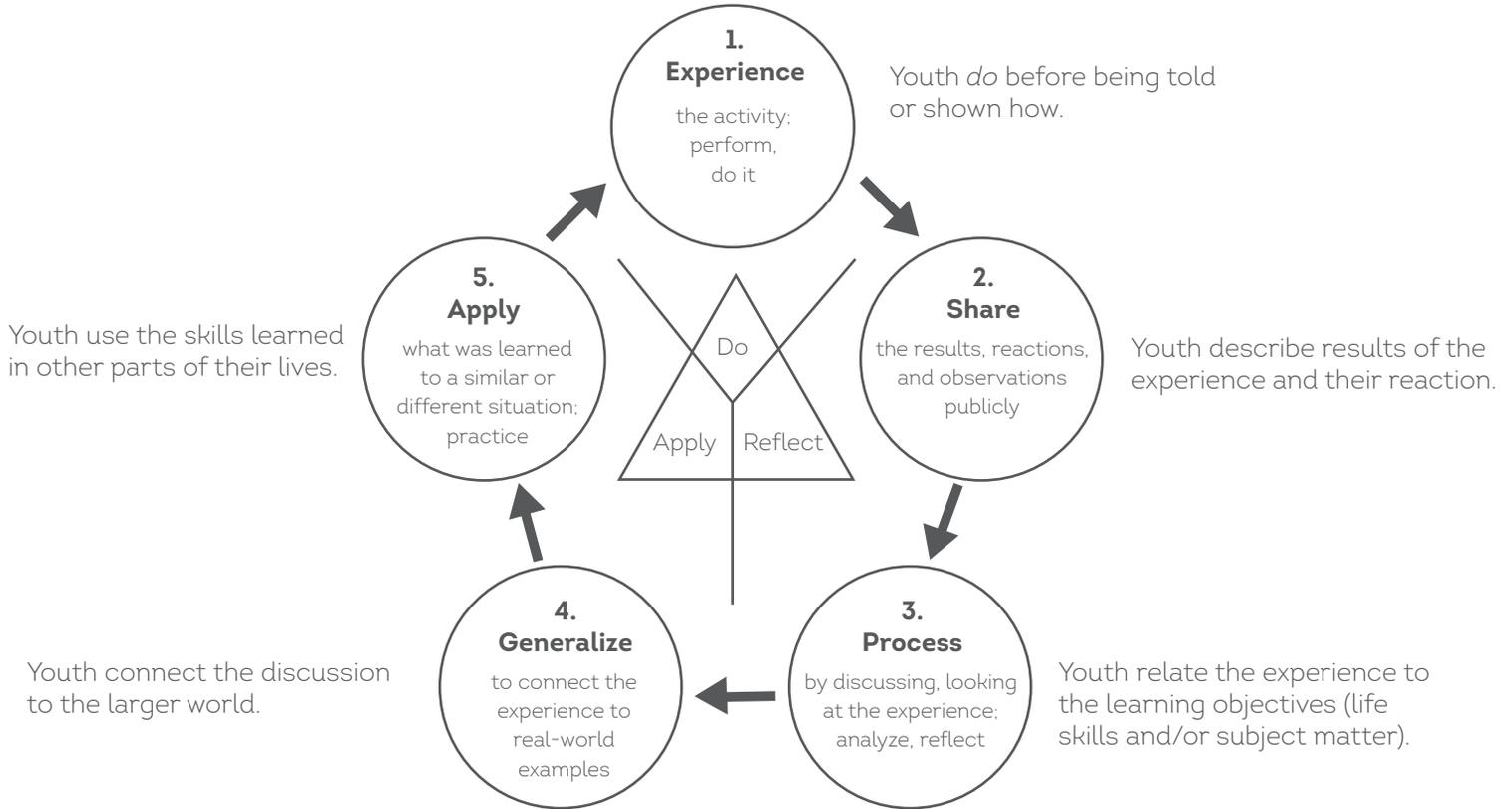
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning, opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future, opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: <http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/>)



4-H “Learning by Doing” Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (Information retrieved from: http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf)

- Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
- Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
- Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

Getting Started

1. Recruit one to three other families to form a club with you.
 - a. Send 4-H registration form and medical/photo release form to each family (available at utah4h.org).
 - b. Distribute the Discover 4-H Clubs curriculum to each family.
 - c. Decide on a club name.
 - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.).
2. Enroll as a 4-H volunteer at the local county Extension office (invite other parents to do the same).
3. Enroll your club at the local county Extension office.
 - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H related opportunities.
4. Identify which family/adult leader will be in charge of the first club meeting.
 - a. Set a date for your first club meeting and invite the other participants.
5. Hold the first club meeting (if this is a newly formed club).
 - a. See *A Typical Club Meeting* section above for a general outline.
 - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
 - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
6. Hold the six project-specific club meetings outlined in this guide.
7. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the county Extension office) OR try another Discover 4-H Club project area.



Other Resources

Utah 4-H website: www.Utah4-h.org

National 4-H website: www.4-h.org

4-H volunteer training:

To set up login:

<http://utah4h.org/volunteers/training/>

To start modules: (password = volunteer)

References

Information was taken from the Utah 4-H website (utah4h.org), the National 4-H website (4h.org), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al. (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. *Journal of Early Adolescence*, 25(1), 17-71.

We would appreciate your feedback on this guide; please go to the following link to take a short survey:

Go to <https://goo.gl/iTfiJV> or [Click here to give your feedback](#).

4-H U-SING CLUB *Meetings*



Club Meeting 1
Body Alignment, Breathing, and Rounds 2



Club Meeting 2
Warmups, Sounds & Rounds 5



Club Meeting 3
Voice Personality, Quality and 9
Conductor Instruction



Club Meeting 4
Refining “The First Noel”, Body Percussion, 13
and Round Mastery



Club Meeting 5
Singing Concepts through Metaphors 16



Club Meeting 6
Air Control and Warm Ups 19



4-H Club Meeting 1

Body Alignment, Breathing, and Rounds



Optional Supplies

- Technology with YouTube access
- Printouts of "Hey, Ho, Nobody Home"

INTRODUCTION

This is the first session in a six-part series on teaching tips for developing healthy habits for the child voice. This week balance, posture, basic singing and rounds will be taught.

PRIOR TO MEETING

For each section of this session read the description, watch the video, plan, and teach the concept to your students.

Activity #1

The Singing Engine



THE "SINGING ENGINE"

TIME: 10 MINUTES

1. Prep Video: https://youtu.be/NuWIqCu_e9o
2. Singing engine includes the body, the mouth, and the lungs. Students find good body balance by standing with weight on toes. Balance on one foot, then the other. Raise onto your toes. Put your heels down but keep the weight forward on toes.
3. Swing arms back behind torso and then whoosh them up above head. Relax arms without collapsing the lungs.
4. Ribs protect the lungs. Place your hands over ribcage and feel the movement as you inhale. Try to breathe in while you feel the ribcage move slightly outwards. Take a breath, hold your breath and relax your shoulders.
5. Inhale with hands on ribcage and "Ssssss" the air out without allowing your ribcage to collapse.



STACCATO SNAKE, SHOULDER ROLLS, STERNUM LIFT

TIME: 10 MINUTES

1. Prep Video: <https://youtu.be/ICOe-pgaKbY>
2. Inhale with hands on ribcage and perform a series of short "Ss, ss, ss, ss" sounds.
3. Relax arms and raise shoulders to your ears. Drop as though they are heavy. Repeat but raise shoulders only halfway to ears.
4. Pretend a wire connects the center of your chest with the ceiling. Pull on your wire to send your chest forward and up.

SOLFEGE GAME

TIME: 10 MINUTES

1. Prep Video: <https://youtu.be/tmOpyF7gMZw>
2. This game could be done with numbers, but in the video of this activity, the students are using solfege to enhance musicianship.

1=do (doh)
2=re (ray)
3=mi (me)
4=fa (fah)
5=sol (sole)
6=la (lah)
7=ti (tea)
8=do (doh)
3. Students sing up the major scale: "do, re, mi, fa, sol, la, ti, do" while shaking one hand in the air with outstretched arm.
4. Repeat with other hand, one foot, other foot.
5. The scale is repeated with first hand, but stops suddenly at ti: do, re, mi, fa, sol, la, ti and without pause sung again with second hand, etc.
6. For each repetition, one less scale degree is sung until the final set: do, do, do, do





"HEY HO NOBODY HOME" IN A ROUND

TIME: 10 MINUTES

1. Prep Video: https://youtu.be/EHMs9Ld_uE4?list=PLmX0_32BAuAwmLEskCMLxJWhd5NyDaRdj
2. Students explore alignment, vowel shapes, emphasis to sing beautifully in unison.
3. Prep Video: <https://youtu.be/muMCAmScTsk>
4. Provide many opportunities to sing in unison. When students can sing independently, they are ready to try singing in a round.
5. Divide the group in half and the second half begins when group one gets to the first asterisk.
6. For an extra challenge, divide the group into three equal parts and perform with third group starting when the first group gets to the second asterisk.

Hey, Ho, Nobody Home

Hey, ho, no - bo - dy home. * Meat nor drink nor
 mo - ney have I none. * Yet I will be mer - ry



Reflect

- How is your singing posture different now than it was before the club?
- What new skills did you gain from this lesson?

Apply

- What can you do today that you could not do before?
- How can you use these new skills outside of our club?

4-H MISSION MANDATES

Healthy Living

Proper posture, use of lungs, and other singing technique helps club members to be healthier when participating in other physical activities.

ESSENTIAL ELEMENTS

Belonging

Singing with other students develops unison and a team bond.

Independence

Encourage club members to practice the skills they have learned in this club at home.

Mastery

Basic skills learned in this club are slowly built on in subsequent clubs. Encourage students to teach family members or friends what they have learned after the club is over to foster deeper understanding.

References and Other Resources

Utah – Singing Instruction for a New Generation

Cache Children's Choir and members of both Cantate and Chorale participated under the direction of artistic director, Claudia Bigler

Questions or comments? Contact leslie.timmons@usu.edu



Optional Supplies

- Technology with YouTube access
- Piano and accompanist
- Printouts of "Round and Round the Earth is Turning"

INTRODUCTION

During this club meeting, members will review what they learned last week, explore warmups and sounds in singing, and finally learn more complex rounds.

PRIOR TO THE MEETING

Read the description, watch the video, and plan and teach the concept to your students. Before starting Activity #4, don't forget to look over the Optional Rounds found at the end of this club meeting.

Activity #1

Body Alignment Review

BODY ALIGNMENT REVIEW

TIME: 5 Minutes

1. Review body alignment from the last club meeting to warm up
2. Prep Video: <https://www.youtube.com/watch?v=aeRUBUEMce4>

LEARN A NEW ROUND

TIME: 10 Minutes

1. The round is taught by singing each phrase.
2. Prep Video: https://www.youtube.com/watch?v=cUO_jDZjzQw

Round and Round the Earth is Turning

Traditional



Round and round the earth_ is turn - ing; Turn - ing al - ways
round_ to morn - ing; And from morn - ing round_ to night.

VOWEL SOUNDS, WIDE R'S, AND, NIGHT

TIME: 15 Minutes

1. Club members learn the difference between our speaking voices and our singing voices.
 - a. <https://www.youtube.com/watch?v=dCWuolHIGeg>
2. Wide R's are taught in the following video:
 - a. <https://www.youtube.com/watch?v=d9pHbXRslpw>
3. "And" warm up:
 - a. <https://www.youtube.com/watch?v=dAqOV-3r-aI>
4. "Night" warm up:
 - a. https://www.youtube.com/watch?v=_pamrS7vbAU

COMPLEX ROUNDS

TIME: 20 Minutes

1. Unison Singing of "Round and Round"
 - a. Video: https://www.youtube.com/watch?v=ik3lN_4tVH8
2. 2-part round
 - a. Video: <https://www.youtube.com/watch?v=YHxmExheRgc>
3. 3-part round
 - a. Video: <https://www.youtube.com/watch?v=c3nWwosKZDk>
4. Optional Rounds can be found at the end of Club Meeting 2

Note: In the video examples, the instructors teach the song, "Round and Round." If you prefer to use a different round for this activity, see additional suggestions titled "Optional Rounds" at the end of this club meeting.

Activity #5 Muppet Mouth

MUPPET MOUTH

TIME: 5 Minutes

1. A muppet puppet demonstrates the open mouth technique of singing.
 - a. <https://www.youtube.com/watch?v=I was wondering if you could help me out with TRY Team this coming weekend>
 - b. Put picture of muppet on the side



Activity #6 "My Bonnie" Game

"MY BONNIE" GAME

TIME: 10 Minutes

1. Students begin either seated or standing. Each time they sing a word that begins with "B", they change position from seated to standing or standing to seated. *Hint: If they begin seated, they should end seated.
 - a. <https://www.youtube.com/watch?v=KhXvTTd6LAo>



Reflect

- How do sounds sound different while singing versus talking?
- What new skills did you learn from this club?

Apply

- Why is it important to warm up before doing a physical activity like singing?
- Was anything during this club difficult to do? Did anyone help you do it?

4-H MISSION MANDATES

Healthy Living

Lung development and speech skills are taught in this lesson through warm ups and songs.

ESSENTIAL ELEMENTS

Belonging

Singing with other students develops unison and a team bond.

Independence

Encourage club members to practice the skills they have learning in this club at home.

Mastery

Basic skills learned in this club are slowly built on in subsequent clubs. Encourage students to teach family members or friends what they have learned after the club is over to foster deeper understanding.

References and Other Resources

Utah – Singing Instruction for a New Generation

Cache Children's Choir and members of both Cantate and Chorale participated under the direction of artistic director, Claudia Bigler

Questions or comments? Contact leslie.timmons@usu.edu



The Little Bells of Westminster

1. 2. 3. 4. traditional

The lit - tle bells of West-min - ster go ding, dong, ding, dong, dong.

Follow Me

Fol-low me, fol-low me, fol-low me, fol-low me.

Fol - low, fol - low, fol - low, fol - low,

fol - low, fol - low, fol - low me.

Morning Is Come

1. 2. 3. 4. Anonymous

Morn-ing is come; Night is a - way. Rise with the sun— And wel-come the day.

My Dame Had a Lame, Tame Crane

F

My dame had a lame, tame crane. My dame had a crane that was lame. Oh,

pray gen tle Jane let mydame's lame, tame crane drink and come home a - gain.

Viva La Musica

Michael Praetorius (1571-1621)

1. 2. 3.

Vi - va, vi - va La Mu - si - ca! Vi - va, vi - va La Mu - si - ca! Vi - va, La Mu - si - ca!





Optional Supplies

- Technology with YouTube access
- Funny costume

PRIOR TO THE MEETING

Read the description, watch the video, plan and teach the concept to your students.

INTRODUCTION

Students will explore their voice personality, learn how to add depth, and how to read conductor cues as well as basic choir protocol.

Activity #1

Vocal Timbre



VOCAL TIMBRE

Time: 5 Minutes

1. Vocal Timbre- The term "timbre" refers to the distinct quality of one's individual voice.
 - a. Video: <https://youtu.be/GuH85U2x4bQ>



HEAD VOICE

Time: 15 Minutes

1. Vocal Siren - Students practice "head voice," allowing the sound to resonate in the head as opposed to the chest. The vocal siren exercise is a swoop from high to low range. Work to stay in a light head voice. For comparison, students sing from high to a low heavy chest voice. In head voice, the singer feels the tone resonating in the head. It is characterized by lightness and purity of sound.
 - a. Video: <https://youtu.be/aoPOBKUlcC0>
2. Head Voice - Students experience the sensation of the head voice by singing up a chord: The Sun Shines Bright. In solfege, this is do, mi, so, high do. Hold high do, striving to keep it light. This warm up can be extended by modulating a half step higher or lower from previous starting pitch.
 - a. Video: <https://youtu.be/MJZk-njFnIg>
3. Staying in the Head Voice - Singing The First Noel, students are reminded to stay in the Head Voice range. See "The First Noel" below.
 - a. Video: <https://youtu.be/c3U171Hw9mg>

RESPONDING TO THE CONDUCTOR

Time: 30 Minutes

1. Focus on the Conductor- While working on a Christmas song, a ghost (or another funny costume) enters the rehearsal to try to distract the singers. (It helps to have a little chocolate as motivation.) Please use any current repertoire and any type of distraction.
 - a. Video: <https://www.youtube.com/watch?v=YIn9fONc1Yk>
2. Don't breathe here!- Taking cues from the conductor, Chorale Choir practices singing longer phrases for a more musical performance.
 - a. Video: <https://youtu.be/EZ9uG5JhKqg>
3. Musical Performance- Cantate Choir rehearses "The First Noel". See text below.
 - a. Video: <https://www.youtube.com/watch?v=0ERsnRfEtEI&feature=youtu.be>



The First Noel

The first Noel the angel did say
was to certain poor shepherds in fields as they lay;
in fields where they lay keeping their sheep,
on a cold winter's night that was so deep

[Chorus]

Noel, Noel, Noel, Noel,
born is the King of Israel.

They looked up and saw a star
shining in the east, beyond them far;
and to the earth it gave great light,
and so it continued both day and night.

Then let us all with one accord
Sing praises to our heavenly Lord;
That hath made Heav'n and earth of naught,
And with His blood mankind hath bought.



Reflect

- What's your personality like? How can you show it when you sing?
- What different personalities would you use when singing different things?
- What is head voice?
- Why is it important to listen to the instructor?

Apply

- Why are listening skills important beyond in singing?
- How can you work as a team to create voice quality and personality?

4-H MISSION MANDATES

Citizenship

Encourage club members to sing to and with their friends and family. Doing so will create tighter community bonds. Listening skills in this club's meeting also will contribute to a better community.

Healthy Living

Students learn how to better utilize their body when learning proper singing technique.

ESSENTIAL ELEMENTS

Belonging

Singing with other students develops unison and a team bond.

Independence

Encourage club members to practice the skills they have learning in this club at home.

Mastery

Basic skills learned in this club are slowly built on in subsequent clubs. Encourage students to teach family members or friends what they have learned after the club is over to foster deeper understanding.

References and Other Resources

Utah - Singing Instruction for a New Generation

Cache Children's Choir and members of both Cantate and Chorale participated under the direction of artistic director, Claudia Bigler

Questions or comments? Contact leslie.timmons@usu.edu

4-H Club Meeting 4

Body Percussion, and Round Mastery



Optional Supplies

- Technology with YouTube access
- Printed copies of "One by One"

PRIOR TO THE MEETING

Read the description, watch the video, plan and teach the concept to your students.

INTRODUCTION

During this club meeting, members will learn standing technique, complex vowels and clarity to refine "The First Noel". They will also learn about body percussion, echo singing, and sing a complex round. If needed or desired, refer back to "Optional Rounds" in Club Meeting 2 for additional practice.

STANDING TECHNIQUES

Time: 5 minutes

1. Standing technique- Choir prepares to move from seated to standing, quietly and in unison at conductor's gesture.
 - a. Video: https://www.youtube.com/watch?v=-6JQgC_b9Ck

Activity #1

Standing Techniques

VOCAL TECHNIQUE

Time: 10 minutes

1. First Noel Vowels- A technique to improve pronunciation of "Israel" in First Noel.
 - a. Video: <https://youtu.be/UsQrSN8X9YM>
2. Glottal Stop- A singer's "magic trick" is presented to improve clarity in the descending line "saw a star" in the First Noel.
 - a. Video: <https://www.youtube.com/watch?v=xH3p6WoVabQ>

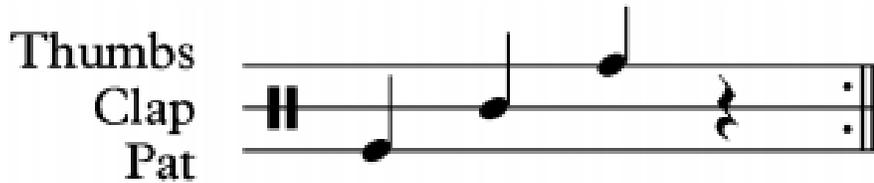
Activity #2

Vocal Technique

THE FUNNY SOUND GAME

Time: 5 minutes

1. Funny Sound Game- Solo funny sounds are performed in body percussion ostinato:
 - a. Video: https://www.youtube.com/watch?v=f3H7_SOIvw8



TEACHING A ROUND

Time: 15 minutes

1. Teaching One by One- Students are taught a challenging song appropriate for the fall season. Teachers use echo singing and gesture to help students learn new song. You may decide to teach any repertoire suitable for your target singers using this echo singing technique.
 - a. Video: <https://www.youtube.com/watch?v=-WTNdLOmZX8>
2. One by One- Singing in a round.
 - a. Video: <https://www.youtube.com/watch?v=0t0qFLj1Two>
3. If you have independent singers, One by One can be sung in up to twelve parts!
 - a. Video: <https://youtu.be/2LZ6viVGBaw>



TEACHING A ROUND CONTINUED

One By One

Soprano

One by one, ___ One by one, ___ The leaves fall down. ___

4

One by one, ___ from the sky ___ is fall - ing. ___ One by one ___ and

7

leaf by leaf ___ til the sum - mer is done. ___ One by one ___ by ___

10

one by one ___ by ___ one by one ___ by ___ one.

Detailed description: The image shows the soprano part of a musical score for the song 'One By One'. It consists of four staves of music in a 4/4 time signature with a key signature of two flats (B-flat and E-flat). The lyrics are: 'One by one, ___ One by one, ___ The leaves fall down. ___' (measures 1-3), 'One by one, ___ from the sky ___ is fall - ing. ___ One by one ___ and' (measures 4-6), 'leaf by leaf ___ til the sum - mer is done. ___ One by one ___ by ___' (measures 7-9), and 'one by one ___ by ___ one by one ___ by ___ one.' (measures 10-12). Measure numbers 4, 7, and 10 are indicated at the start of their respective staves.



Reflect

- What changed when singing “The First Noel” this time? Can you hear a difference?
- How is “One by One” different from other rounds you’ve sung?
- What new skills did you learn today?

Apply

- What did you learn this meeting that you could share with your family and friends?
- Did you learn anything that could apply to things other than singing?

4-H MISSION MANDATES

Citizenship

Encourage club members to sing to and with their friends and family. Doing so will create tighter community bonds. Listening skills in this club’s meeting also will contribute to a better community. Hold students accountable for practicing at home.

Healthy Living

Students learn how to better utilize their body when learning proper singing technique. Practicing standing technique works on muscle control and provides a little bit of exercise.

ESSENTIAL ELEMENTS

Belonging

Singing with other students develops unison and a team bond.

Independence

Encourage club members to practice the skills they have learning in this club at home.

Mastery

Basic skills learned in this club are slowly built on in subsequent clubs. Encourage students to teach family members or friends what they have learned after the club is over to foster deeper understanding. The complex round in activity 2 and the refining of “The First Noel” in activity 1 work towards mastery.

References and Other Resources

Utah – Singing Instruction for a New Generation

Cache Children’s Choir and members of both Cantate and Chorale participated under the direction of artistic director, Claudia Bigler

Questions or comments? Contact leslie.timmons@usu.edu



4-H Club Meeting 5

Singing Concepts through Metaphors



Optional Supplies

- Technology with YouTube access
- Ball
- 2 Balloons
- Printed copies of "Epo I Tai Tai E"

PRIOR TO THE MEETING

Read the description, watch the video, plan and teach the concept to your students.

INTRODUCTION

Complex singing concepts are taught to club members using metaphors, body percussion and posture are expounded upon, and "The First Noel" is developed even further.

Activity #1

Head Alignment



HEAD ALIGNMENT

Time: 5 Minutes

1. Head alignment- Building on tall body with extended ribcage, head sits loosely on top of the spine, rotating freely. Body is tall and head is held with chin down as if suspended by a wire from the top of the skull.

a. Video: <https://www.youtube.com/watch?v=-TJPPFFZVgEb>

Activity #2

Imagery



IMAGERY

Time: 10 Minutes

1. Sing Like a Ball or a Balloon? Using a large ball that falls quickly to the floor versus a balloon that floats gently down, students practice lightening up the voice in a descending line.

a. Video: https://www.youtube.com/watch?v=qYwvH_JQUxE

2. Counteracting Gravity - Singers must combat gravity by lightening the sound in a descending line. The choir members identify a drop in pitch and the contrast between head and chest voice as they experiment with controlling range.

a. Video: <https://www.youtube.com/watch?v=whmyYiIPyJo>



MELODIC CONTOUR

Time: 15 Minutes

1. Conducting a Phrase- Claudia reminds singers not to breathe by demonstrating how to conduct the opening phrase of The First Noel.
 - a. Video: <https://www.youtube.com/watch?v=go3qRg9XgRk>
2. Descending Line- Nate Bigler helps students identify a descending melodic line. He demonstrates how to imagine that the voice is ascending lightly instead of dropping heavily into the chest voice. He illustrates with gentle ballet steps as opposed to heavy clomping steps.
 - a. Video: <https://www.youtube.com/watch?v=Uo5PtgIIP6E>
3. No "L"- Singers are made aware of the challenge of singing words that end with "L". They try the suggestion to remove the "L" altogether when singing The First Noel. A low, heavy vowel contrasts with a balloon inspired vowel.
 - a. Video: <https://www.youtube.com/watch?v=5kOz8httUiM>
4. Spaghetti Phrasing- Making a smooth, continuous gesture as though pulling one strand of spaghetti from a bowl, singers feel a long, beautiful phrase.
 - a. Video: <https://www.youtube.com/watch?v=nyFUG-pQKfU>
5. Ending a Song- Nate Bigler demonstrates a technique for ending a song even though you may run out of air. Singers practice standing very still to provide a framework of silence for the performance.
 - a. Video: <https://www.youtube.com/watch?v=fe8XrDqM-kM>



READING ICONS

Time: 15 Minutes

1. Traditional Maori Greeting Song- The accompaniment for this folk song is taught with icons that represent body percussion.

a. Video: https://www.youtube.com/watch?v=fy_cHrLWGy4&feature=youtu.be

Key:

- X** = pat legs
- O** = clap
- △** = shoulder pat
- ☺** = tuki

Accompaniment:

X X O O △ △ △ △

X X O O X X ☺ ☺

X X ☺ ☺ △ △ △ △

Epo I Tai Tai E (Hawaiian)

E - po i tai tai e. E - po i tai tai e.

5
E - po i tai tai, E - po i tu - ki, tu - ki E - po i tu - ki, tu - ki e.



Reflect

- What new skills did you learn in this club meeting?

Apply

- How did the concepts you learned this meeting change how you sing?
- Are there any metaphors that you can think of to represent concepts we've learned throughout this club?
- Create your own symbols for body percussion patterns. See if your friends can "perform" your "score."

4-H MISSION MANDATES

Citizenship

Encourage club members to sing to and with their friends and family. Doing so will create tighter community bonds. Listening skills in this club's meeting also will contribute to a better community. Hold students accountable for practicing at home.

Healthy Living

Head alignment activity develops good posture and safe active habits.

ESSENTIAL ELEMENTS

Belonging

Singing with other students develops unison and a team bond.

Independence

Encourage club members to practice the skills they have learning in this club at home.

Mastery

Basic skills learned in this club are slowly built on in subsequent clubs. Encourage students to teach family members or friends what they have learned after the club is over to foster deeper understanding.

References and Other Resources

Utah – Singing Instruction for a New Generation

Cache Children's Choir and members of both Cantate and Chorale participated under the direction of artistic director, Claudia Bigler

Questions or comments? Contact leslie.timmons@usu.edu



Supplies

- Technology with YouTube access
- Coffee straws
- Printed copies of "Mia Maria"

PRIOR TO THE MEETING

Read the description, watch the video, plan and teach the concept to your students.

INTRODUCTION

After warming up, club members learn how to effectively control air and energy in the first activity, and learn helpful warm ups in the second.

WARM UPS

Time: 5 Minutes

1. Review of Solfege Game- Director energizes singing with a quick review of the Solfege Game.
 - a. Video: <https://www.youtube.com/watch?v=YJeBHgtcQUw>

Activity #1

Warm Ups



FINDING THE HEAD VOICE

Time: 5 Minutes

1. Speech Echoes- Students echo the director's expressive speech to practice getting into head voice
 - a. Video: <https://www.youtube.com/watch?v=xFdi9v6bJeM>

Activity #2

Finding the Head Voice



AIR SUPPORT

Time: 20 Minutes

1. Hamster Wheel- Students imagine a little hamster working out on a wheel right in front of their stomachs. By making a spinning gesture with their hands, the hamster goes more quickly and energizes the sound. Director asks the students to notice their "air engine" as they sing a tone and vary the hamster speed.
 - a. Video: <https://www.youtube.com/watch?v=Ix3y7fb1Juk>

Activity #3

Air Support





2. Air Engine
 - a. Video: <https://www.youtube.com/watch?v=SYOSvNqeHxY>
3. Straw Exercise- Using a small coffee stirring straw, students blow for 10 counts through the tiny opening of the straw. Claudia asks them to pay attention to what their body feels like as they blow.
 - a. Video: <https://www.youtube.com/watch?v=IixLGOKOEDc>
4. Older singers visualize the hamster exercise wheel as they sing one pitch to connect the air engine to the voice.
 - a. Video: <https://www.youtube.com/watch?v=Oi51fauOLmc>

Activity #4

New Techniques, Familiar Song

NEW TECHNIQUES, FAMILIAR SONG

Time: 10 Minutes

1. America the Beautiful- Students sing:

Oh beautiful for spacious skies
For amber waves of grain.
For purple mountains majesty
Above the fruited plain.
America, America, God shed his voice on thee,
And crown thy good with brotherhood
From sea to shining sea.
2. Director asks students to “sit well” and they sing the melody using a “V” sound into their straws. Finally, the students sing on a “Zh” sound without the straw. They blow into the straw for 10 counts and then sing the text with renewed energy.
 - a. Video: <https://www.youtube.com/watch?v=COitODgJZpE>



APPLYING VOWEL SKILLS

Time: 25 Minutes

1. Mia Maria- After outlining the song in solfege with hand signs, students learn a powerful warm up through echo singing.
 - a. Video: <https://www.youtube.com/watch?v=9GehGiTz-FI>

2. Puppet Mouth- To work on “ah” sound, students show their muppet puppets each time they sing the ‘a’ vowel in this warm up.
 - a. Video: <https://www.youtube.com/watch?v=VjWk9O-SEGw>

3. Vowels in Mia Maria- An oval shape for “ah” helps students remember to open wide without allowing the sound to get too bright. The 2-finger test is a measure of how open the mouth must be. Cantate choir sings parallel tune up a 5th.
 - a. Video: <https://www.youtube.com/watch?v=FG13T6i4W-Q>

4. Head Voice Warmup- The warmup is prepared with a shoulder shrug, hamster spin, and singing on E. This is a perfect short vocal exercise for getting into the head voice.
 - a. Video: <https://www.youtube.com/watch?v=dQhOkZbY8Jo>

Mia Maria

Mi - a Ma-ri - a, Mi-a Ma - ri - a. Mi -a__ Ma-ri - a, Mi-a Ma - ri - a__

10
Mi - a Ma-ri - a, Mi-a Ma - ri - a. Mi -a__ Ma-ri - a, Mi-a Ma - ri - a__

Mi - a Ma-ri - a, Mi-a Ma - ri - a. Mi -a__ Ma-ri - a, Mi-a Ma - ri - a__



Reflect

- How has your singing improved this week?
- What singing tools are you going to use in your practice at home?
- Can you think of any more warm ups or breathing exercises you would like to share with the group?

Apply

- What activities do you warm up for? How is warming up for singing like warming up for these activities?
- Where else could you use breathing activities?

4-H MISSION MANDATES

Citizenship

Encourage club members to sing to and with their friends and family. Doing so will create tighter community bonds. Listening skills in this club's meeting also will contribute to a better community. Hold students accountable for practicing at home.

Healthy Living

Students learn how to better utilize their body when learning proper singing technique. The first activity focuses on lung control, and the second emphasizes the importance of warming up.

ESSENTIAL ELEMENTS

Belonging

Singing with other students develops unison and a team bond.

Independence

Encourage club members to practice the skills they have learning in this club at home.

Mastery

Basic skills learned in this club are slowly built on in subsequent clubs. Encourage students to teach family members or friends what they have learned after the club is over to foster deeper understanding.

References and Other Resources

Utah - Singing Instruction for a New Generation

Cache Children's Choir and members of both Cantate and Chorale participated under the direction of artistic director, Claudia Bigler

Questions or comments? Contact leslie.timmons@usu.edu

Continue Discovering



More to *Discover*

Congratulations on completing your Discover 4-H club meetings! Continue with additional curriculum in your current project area, or discover other 4-H project areas. Check out the following links for additional 4-H curriculum.

1. www.discover4h.org
2. <http://www.4-h.org/resource-library/curriculum/>
3. <http://utah4h.org/curriculum/>

Become a 4-H Member or Volunteer

To **register** your Utah club or individuals in your club visit and contact your County Extension Office

<http://utah4h.org/about/>

<http://utah4h.org/join/index>

For help registering in 4-H online visit:

<http://utah4h.org/staffresources/4honlinehelp>

Non-Utah residents, please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Stay *Connected*

Visit Your County Extension Office

Stay connected with 4-H activities and news through your county Extension office. Ask about volunteer opportunities, and don't forget to register for your county newsletter. Find contact information for counties in Utah here:

<https://extension.usu.edu/locations>

Enjoy the Fair!

Enter your project or create a new project for the county fair. Learn about your county fair and fair judging here:

<http://utah4h.org/events/index>



Participate in Local or State 4-H Activities, Programs, Contests, or Camps

For Utah state events and programs visit:

<http://utah4h.org/events/index>

<http://utah4h.org/projects/>

For local Utah 4-H events and programs, visit your county Extension office.

<https://extension.usu.edu/locations>

Non-Utah residents, please contact your local 4-H office.

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Discover *Service*

Become a 4-H Volunteer!

 <http://www.youtube.com/watch?v=UBemO5VSyK0>

 <http://www.youtube.com/watch?v=U8n4o9gHvAA>

To become a 4-H volunteer in Utah, visit us at:

<http://utah4h.org/join/becomevolunteer>

Serve Together as a 4-H Club or as an Individual 4-H Member

Use your skills, passions, and 4-H to better your community and world. You are needed! Look for opportunities to help in your area or participate in service programs that reach places throughout the world (religious groups, Red Cross, etc.).

Hold a Club Service Project

USU Collegiate 4-H Club hosted "The Gift of Giving" as a club activity. Club members assembled Christmas stockings filled with needed items for CAPSA (Community Abuse Prevention Services Agency).

<http://tinyurl.com/lu5n2nc>



Donate 4-H Projects

Look for hospitals, nursing homes, or other nonprofit organizations that will benefit from 4-H projects. Such projects include making quilts for CAPSA or Primary Children's Hospital, or making beanies for newborns. During Utah 4-H State Contests, 40 "smile bags" were sewn and donated to Operation Smile.

Partner with Local Businesses

92,000 pounds of processed lamb, beef, and pork were donated to the Utah Food Bank in 2013 by multiple companies.

<http://tinyurl.com/pu7lxyw>

Donate Money

Clubs or individuals can donate money gained from a 4-H project to a worthy cause. A nine-year-old 4-H member from Davis County donated her project money to help a three-year-old battle cancer.

<http://tinyurl.com/mqtfwxo>



Give Us Your *Feedback*

Help us improve Discover 4-H curriculum. We would love feedback or suggestions on this guide.

Please go to the following link to take a short survey: [Click here to give your feedback](#)

Or go to: <https://goo.gl/iTfiJV>