

Sing Like A Bird

Music



Set up

- Set aside 30 minutes
- Find a pleasant, quiet location indoors where you and your partner can hear easily, and can freely move and make sound
- Gather materials:
 - Two chairs
 - A table (any size)
 - Water or favorite beverage
 - Photographs of birds in nature, or a tablet or computer with several website links cued to videos of birds in nature

Consciously Breathe

- Look your partner in the eyes and say, “Let’s breathe together”
- Take three deep inhales and exhales together

Sing and Move

- Sing the song “Home on the Range” together
- Begin to make up movements to go with the song
- Invite your partner to mirror your gestures
- Repeat the song without the lyrics (use la-la-la) and enlarge the gestures

Call and Response

- Say the words below and have your partner repeat after each line
- Start by saying, “Repeat after me.”

“The Red Wheelbarrow” by Wm. Carlos Williams

*So much depends
upon
a red wheelbarrow
glazed with rain water
beside the white chickens*

Create Together

- Reprise breathing together with your partner (as above).
- Both of you then:
 - Rub your hands together, warming them as if over a fire.
 - Cross the mid-line of your body, hand over hand, and warm your hands again.
 - Gently touch your eyes, and massage your face, your temples and into the jaw joint.
 - Roll your shoulders back 3 times and forward 3 times
 - Gently bend your head to one shoulder and then the other
 - Raise your shoulders up to your ears and release them with a sigh (repeat 2 more time with even larger sighs)
 - Scrunch up your face and then open it wide with a sound – repeat 3 times
 - Take the “M” sound and chew it up
 - Imagine your favorite flavor and savor the flavor (“mmm-mmm”)
 - (Optional): Tell your partner what flavor you savor
 - Gently beat your fists to your chest like a gorilla and make a sound
 - Lift your arms above, in front and to the sides
 - Shake everything out and come to a seated position near the table.
- Take out the photos or magazine pictures of birds (alternatively watch a few minutes of video or “google” images of birds).
- Choose one or two of your favorites
- Ask about bird calls – how do these birds sound? How do they sing (or whistle)? Imitate their calls. Trade call and response with each other.
- Say: “Now imagine you are a great bird (or a small bird) of any kind.”
- Ask: “If you could sing as freely as a bird, how would you sing today?”
- Be birds together. Allow for vocal improvisation, melody or sound making, any other reminiscing about birds, singing, sounds of nature to come into play.

Celebrate Each Other

- Positively acknowledge a moment of accomplishment
- Examples: “That was great!” “I’ve never heard you sing like that!”; “I learned something new from you today. Thank you!”; “I loved laughing and singing together when we said the poem.”
- Savor the moment