



SAVVY SINGING KIDS

Singing Stars

AGES 6 TO 12

A REAL SINGING GUIDE FOR KIDS

by Savannah

INSIDE THIS GUIDE

[00](#) [Welcome, Singing Star](#)



[01](#) [Your Voice Is Amazing](#)



[02](#) [Stand Tall & Breathe Big](#)



[03](#) [Warm-Ups That Work](#)



[04](#) [Matching Pitch & First Songs](#)



[05](#) [Be a Smart Singer](#)



Welcome, Singing Star

Hi! I'm Savannah, and I've been singing since I was a kid just like you. Singing is so much fun, and the cool part is that **anyone** can get better at it with a little practice. This guide will teach you real singer secrets, how to stand, breathe, warm up, and sing songs, all while having a blast. Let's become a Singing Star together!

Savannah

FOR GROWN-UPS

Kids this age can begin real fundamentals, but their voices are still growing. Keep practice short (10 to 15 minutes), fun, and pressure-free. Singing should never hurt, if it does, it's time to rest.

WHAT YOU'LL NEED

- Your **voice** and a happy attitude
- A **water bottle** to keep your voice happy
- A **mirror** to check your posture and have fun
- Optional: a **piano or free keyboard app** to find notes
- Optional: a way to **record yourself** to hear your progress

Your Voice Is Amazing

Did you know your voice is an instrument you carry everywhere? Inside your throat are two tiny bands called vocal cords. When air from your lungs passes through them, they vibrate super fast and make sound. Pretty cool, right?

Just like learning soccer or piano, singing gets better with practice. Nobody starts as a pro. Every great singer started exactly where you are now.

Your voice is a muscle team

Singing uses your breath, your cords, and lots of little muscles, they all get stronger with practice.

Practice beats "talent"

The singers who improve most are the ones who practice a little bit, often. That can be you!

Everyone sounds different

Your voice is one of a kind, and that's exactly what makes it special.

Mistakes are normal

Cracks and wrong notes happen to everyone. They're just part of learning.

WORDS TO KNOW

Vocal cords. two tiny bands in your throat that vibrate to make your voice.

Pitch. how high or low a note sounds.

Posture. the way you stand or sit, good posture helps you sing better.

Stand Tall & Breathe Big

Great singing starts with how you stand and breathe. Stand tall like a superhero, feet apart, shoulders relaxed, head up. This gives your lungs room to fill with air.

Singers breathe low, into the belly, not high in the chest. When you breathe in, your tummy should puff out like a balloon. That low breath is the power behind a strong, steady voice.

POSTURE & BREATHING CHECKLIST

Put a hand on your belly. If it pushes out when you breathe in, you're doing it right!

- ☐ Stand tall with feet about shoulder-width apart
- ☐ Drop your shoulders down and relax them
- ☐ Keep your head level, like a string lifts the top
- ☐ Breathe in through your nose and fill your belly like a balloon
- ☐ Let the air out slowly on a "sss" sound
- ☐ Try to make the "sss" last longer each time
- ☐ Keep your shoulders still, only your belly moves

Singers don't breathe with their shoulders, they breathe with their belly! Low breaths give you the most power.

Warm-Ups That Work

Never sing your hardest without warming up first, your voice is like a muscle that needs to get ready. Warm-ups wake up your voice gently and help you sing better with less effort.

DAILY WARM-UP

Start gentle and easy. Warm-ups should feel comfy, never strained.

- ☐ Hum softly up and down like a little siren
- ☐ Lip trills (motorboat lips): brrrrr
- ☐ Sing "mee-may-mah-moh-moo" on one note
- ☐ Slide your voice from low to high on "wee"
- ☐ Yawn-sigh to relax your throat
- ☐ Gently sing a 5-note scale up and back down

WHY WARM UP?

Warming up brings blood flow to your vocal cords and eases them into singing, just like stretching before sports. It helps you sing better and protects your voice.

Matching Pitch & First Songs

Singing "in tune" means matching the note you hear. This is a skill that gets better with practice, so don't worry if it's tricky at first. Listening carefully is the secret.

Start with simple songs you already know. Sing slowly, listen to each note, and try to match it. Recording yourself and listening back helps a ton.

PITCH-MATCHING GAME

Listen first, then sing. Matching pitch is all about careful listening!

- ☐ Play or hum one note, then try to sing the same note
- ☐ Use "ahh" to match it, no words yet
- ☐ Sing a simple song slowly, one line at a time
- ☐ Record yourself and listen back
- ☐ Notice which notes feel easy and which are tricky
- ☐ Practice the tricky parts slowly

WORDS TO KNOW

In tune. singing the exact note you hear, not too high or too low.

Melody. the tune of the song, the notes in order.

Range. all the notes from your lowest to your highest, it grows as you practice.

Be a Smart Singer

Smart singers take care of their voices so they can sing for years to come. Your voice is still growing, so being gentle with it now keeps it strong and healthy.

SMART SINGER RULES

1

Drink water every day

Hydration keeps your cords smooth. Sip water all day long.

2

Always warm up first

Even 5 minutes protects your voice and helps you sing better.

3

Never sing through pain

If it hurts or feels scratchy, stop and rest. Singing should never hurt.

4

Don't yell or scream

Yelling tires out your voice fast. Save your voice for singing.

5

Practice a little, often

Short daily practice beats one long session. Have fun with it!

KEEP GROWING

Next: Find Your Voice (Ages 13 to 15)

As you head into your teens, your voice begins to change and grow. Find Your Voice helps you sing confidently through it all.

[EXPLORE FIND YOUR VOICE](#)