



SAVVY SINGING KIDS

Singing Stars Checklist

AGES 6 TO 12

FREE DOWNLOAD

YOUR DAILY SINGING ROUTINE

by Savannah

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Posture & Breathing

Hand on belly: if it pushes out when you breathe in, you're doing it right!

- ☐ Stand tall with feet shoulder-width apart
- ☐ Relax your shoulders down
- ☐ Keep your head level
- ☐ Breathe into your belly like a balloon
- ☐ Let air out slowly on a "sss"
- ☐ Keep shoulders still, only the belly moves

Daily Warm-Up

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

- ☐ Hum softly up and down like a siren
- ☐ Lip trills: brrrr
- ☐ Sing "mee-may-mah-moh-moo" on one note
- ☐ Slide low to high on "wee"
- ☐ Yawn-sigh to relax your throat
- ☐ Sing a 5-note scale up and down

Pitch & Singing

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

- ☐ Match one note on "ahh"
- ☐ Sing a simple song slowly, line by line
- ☐ Record yourself and listen back
- ☐ Practice the tricky parts slowly
- ☐ Notice your easy and hard notes

Smart Singer Rules

Smart singers take care of their voices so they last for years!

- ☐ Drink water every day
- ☐ Always warm up first
- ☐ Never sing through pain, rest instead
- ☐ Don't yell or scream
- ☐ Practice a little bit, often

B E C O M E A S T A R

Get the Singing Stars eBook

This checklist is just the beginning. The full Singing Stars guide teaches you everything, breathing, warm-ups, pitch, and your first real songs.

GET THE EBOOK