



SAVVY SINGING LITTLES

Sing & Play

AGES 1 TO 6

A FUN FIRST SINGING GUIDE

by Savannah

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Let's Sing & Play!

Hi singer! I'm Savannah. Singing is one of the most **fun** things we can do, and you don't have to be "good" at it. You just have to have fun! This guide is full of silly songs and games to play with your grown-up. Ready? Let's GO!

Savannah

A NOTE FOR GROWN-UPS

Little ones learn through play and have short attention spans, so keep singing time fun, silly, and brief (5 to 10 minutes is plenty). Never push, and always stop while it's still fun. The goal at this age is joy, not technique.

WHAT YOU'LL NEED

- Your happy **singing voice**
- Lots of **wiggle room** to move and dance
- Optional: **shakers, pots, or pans** for making rhythm
- Optional: a **mirror** for making funny singing faces

WHY WE LOVE TO SING

Singing Is Fun (and Good for You!)

Singing makes us happy! When we sing, our bodies feel good and our brains get stronger. Singing helps little kids learn new words, remember things, and share how they feel.

Best of all, singing brings people together. Singing with your family or friends is a way to play, laugh, and make memories.

Singing helps you learn words

Songs and rhymes teach new words in a way that's easy and fun to remember.

Singing shares feelings

Happy songs, silly songs, sleepy songs, music helps us show how we feel.

Singing is great exercise

Singing with movement gets your whole body wiggling and your breath working.

Singing makes friends

Singing together is one of the best ways to play and laugh with others.

WORDS TO KNOW

Melody. the tune of a song, the part you hum.

Rhythm. the beat you can clap or tap along to.

Loud and soft. singing big like a lion or tiny like a mouse, both are fun!

Warm Up Like a Wiggly Worm

Before we sing, we warm up our bodies and voices, just like stretching before we run! Warm-ups for little singers are silly games, not serious work. Make big movements and even bigger sounds.

WIGGLE WARM-UP

Make it SILLY! The sillier the warm-up, the better it works. Grown-ups should join in too!

- ☐ Wiggle your whole body like a noodle
- ☐ Reach up high, then flop down low
- ☐ Blow bubbles with your lips (brrrr like a motorboat!)
- ☐ Yawn big like a sleepy lion
- ☐ Buzz like a bee: bzzzzz
- ☐ Slide your voice up high like a rocket and down low like a slide
- ☐ Take a big balloon breath and let it out slooowly

Singing should never hurt or feel like yelling. If your throat feels scratchy, take a water break and rest your voice.

TIME TO SING!

Songs, Rhymes & Animal Sounds

Now the best part, singing! Nursery rhymes and animal songs are perfect for little singers because they're short, repeat a lot, and are super fun. Add actions and silly voices to make them even better.

SING & PLAY GAMES

Repeat your favorites over and over, that's how little singers learn best (and have the most fun!).

- ☐ Sing a favorite nursery rhyme with hand actions
- ☐ Make animal sounds: moo, baa, woof, meow
- ☐ Sing high like a birdie, low like a bear
- ☐ Echo game: grown-up sings a line, you sing it back
- ☐ Sing your name and your favorite color
- ☐ March and sing at the same time
- ☐ Make up a silly song about your day

ECHO GAME

Call-and-response ("echo") games are wonderful for this age. They build listening skills, pitch matching, and confidence, all while having fun.

Taking Care of Your Little Voice

Your voice is special, so let's take good care of it! Little voices are still growing, so we sing gently and never scream. Drinking water and resting your voice keeps it happy and healthy.

HAPPY VOICE RULES

1

Drink your water

Water keeps your voice smooth and happy. Sip throughout the day.

2

No screaming

Screaming hurts little voices. Sing big, but never scream.

3

Rest when scratchy

If your throat feels funny, take a quiet break.

4

Have fun, not pressure

There's no "wrong" singing. Just have fun and be proud!

WHEN YOU'RE READY

Next: Singing Stars (Ages 6 to 12)

Ready for real singing adventures? Singing Stars teaches breathing, warm-ups, and your very first real songs, all still super fun.

EXPLORE SINGING STARS