

## Finding the Pitch

Developed by Kofi Dennis

*Early Arts Learning Pilot Project 2009-2010*

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### Objective/Goal:

Through proper breathing exercises, with corresponding body movements, the children will learn to sing in their head voices and to sing through a scale.

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### Prerequisites for this experience (What do children need to know before this experience?):

- ✓ Awareness of voice and body
  - ✓ The concept of breathing in and out
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### Educational Impact:

- ✓ Awareness of voice and body
  - ✓ Imitation
  - ✓ Imagination
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### Suggestions for use with the *Songs for Singing and Learning* CDs:

- ✓ "Body Part Scale"
  - ✓ "Slide Whistle Sound"
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### Materials Needed:

- ✓ Hoberman Sphere
  - ✓ Balloon
  - ✓ Slide whistle
  - ✓ Pictures
  - ✓ Hand drum
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### Procedure and Process:

For these breathing and voice exercises, you may use the slide whistle to practice going from low to high octave, and high to low octave.

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**Step One:**

Use a balloon or the Hoberman Sphere as a visual guide for children to practice breathing. Have the children touch their ribs and feel their diaphragms expanding and contracting. Inhale through your nose and exhale through your mouth to the count of four beats.

**Step Two:**

Let children listen to the scale on CD, glockenspiel, or the talking drum.

*DO-RE-MI-FA-SO-LA-TI-DO*  
*DO-TI-LA-SO-FA-MI-RE-DO*

**Step Three:**

First, sing through the scale once using the body parts. Touch toes on "Do", heels on "Re", knees on "Mi", waist on "Fa", elbows on "So", shoulders on "La", head on "Ti", and raise hands on the final "Do".

*DO-RE-MI-FA-SO-LA-TI-DO*  
*DO-TI-LA-SO-FA-MI-RE-DO*

Then, substitute body part names for the words of the scale:

*Toes-Heels-Knees-Waist-Elbows-Shoulders-Head-Hands!*  
*Hands-Head-Shoulders-Elbows-Waist-Knees-Heels-Toes!*

**Closure:**

Sing through the scale once more. Let children sit with legs stretched as they touch corresponding body parts.

**Overall Assessment (How will I know the children got it?):**

The children will imitate the process.

**Variations:**

Try some additional vocal exercises using familiar traditional tunes, such as:

*Head, shoulders, knees and toes, knees and toes.*  
*Head, shoulders, knees and toes, knees and toes,*  
*Eyes, and ears, and mouth, and nose.*

*Head, shoulders, knees and toes, knees and toes!*

Or:

*Head, head, ears, ears,  
Shoulders, shoulders, nose, nose,  
Waist, waist, knees, knees,  
Ankles, ankles, toes. [repeat 2x]  
Fingers, wrists and  
Two elbows, and  
Eyes that see and hair that grows!*

*Head, head, ears, ears,  
Shoulders, shoulders, nose, nose,  
Waist, waist, knees, knees,  
Ankles, ankles, TOES!  
JUMP!*

[sung to the tune of the *Allegro* movement of Mozart's Serenade No. 13 for strings in G Major, also known as *Eine kleine Nachtmusik*]

