

Singing Fun 'n Games



ARIZONA MUSIC
EDUCATORS ASSOCIATION



**ARTIE
ALMEIDA
CLINICIAN**

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2. Click on "Teacher Resources"
3. Click on "Teacher Downloads"
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"Arizona MEA" to download



CHUM

CHUM

CHUM

CHUM ba Ra

CHUM

Chumbara

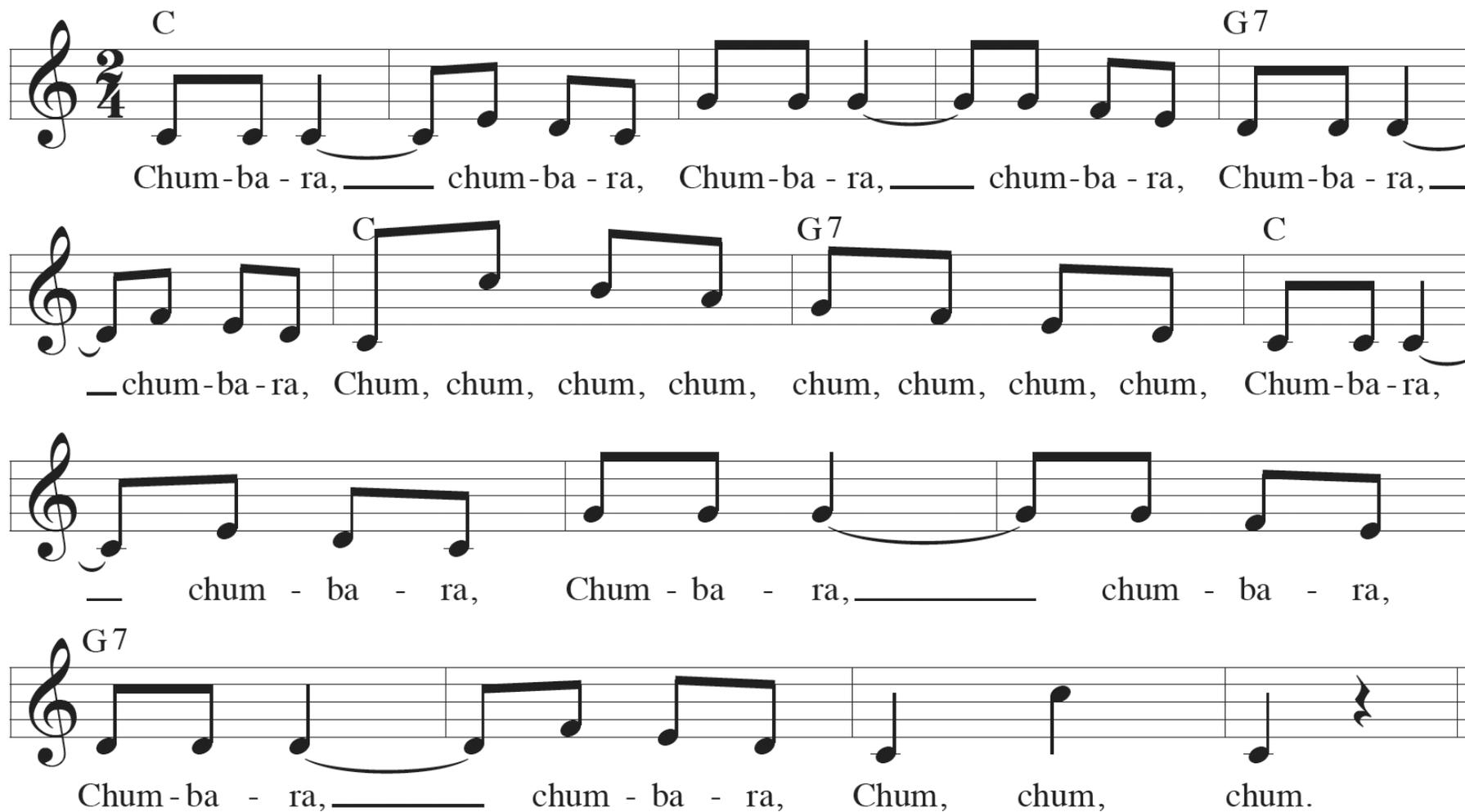
CHUM

chum

**CONSONANTS ARE
OUR FRIENDS!**

**JUST SAY NO TO
“OATMEAL MOUTH!”**

Chumbara



Chum-ba - ra, _____ chum-ba - ra, Chum-ba - ra, _____ chum-ba - ra, Chum-ba - ra, _____

_____chum-ba - ra, Chum, chum, chum, chum, chum, chum, chum, chum, Chum-ba - ra,

_____ chum - ba - ra, Chum - ba - ra, _____ chum - ba - ra,

Chum - ba - ra, _____ chum - ba - ra, Chum, chum, chum.

Artie's Chumbara Word List

BAG #1:

ZIP ZOP BOP FLOP POP
BUZZ YAP HUG BAG NAG
FLU BUG DIG ZIG ZAG
FLAP ZAP TIP TAP HOP

BAG #2:

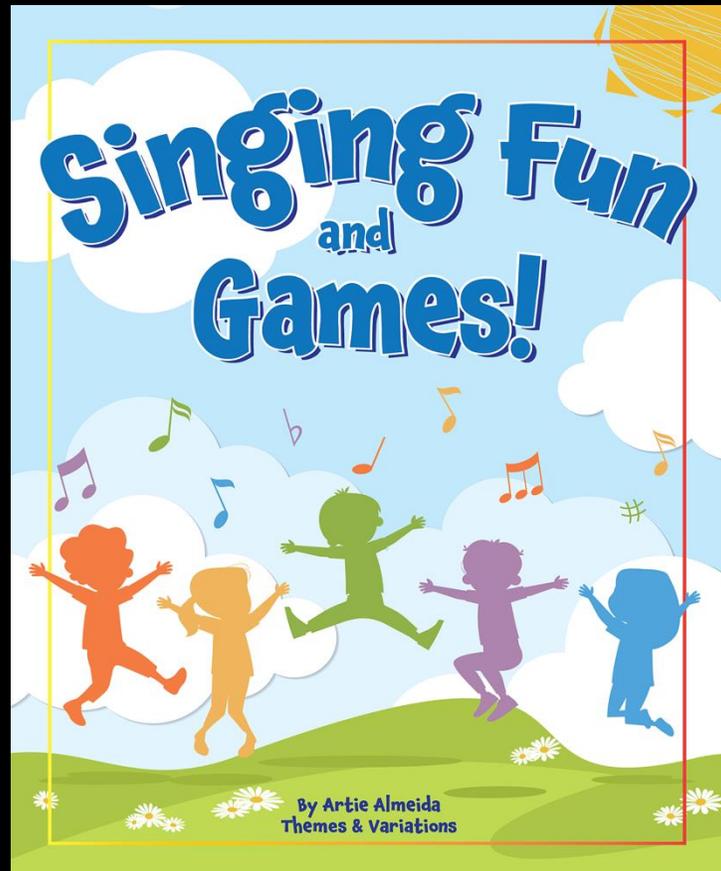
2

of each vowel

BAG #3:

BOO MOO TOO ZOO GOO
LOO FOO ZEE TEE FEE
FLY MY MEE HOO HEE

FROM ARTIE'S NEW BOOK: SINGING FUN 'N GAMES

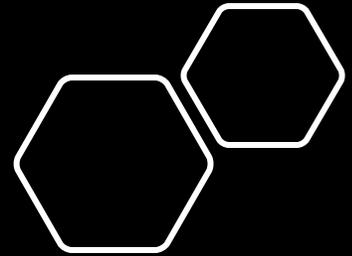


Singing Fun and Games!

By Artie Almeida

Action Songs	Page	Audiation Songs	Page
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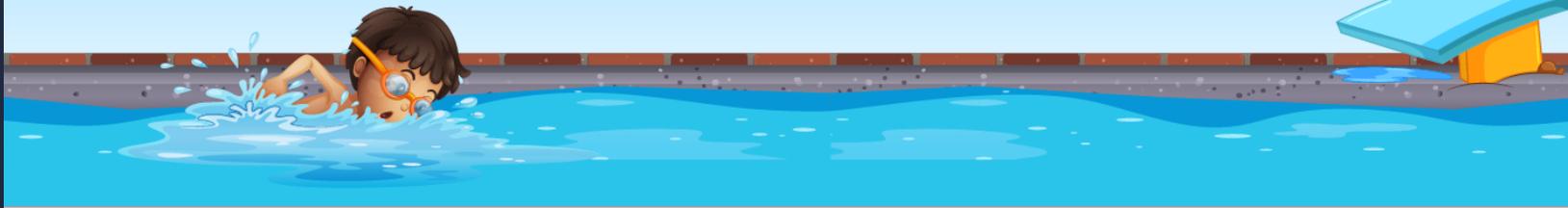
You can't be
great...
if you can't
audiate!



Swimming,
Swimming



**Swimming, swimming,
in my swimming pool.
When days are hot,
when days are cold,
in my swimming pool.
Back stroke, side stroke,
fancy diving too...
Don't you wish you never had
anything else to do, but...**



Swimming, swimming,

in my swimming pool.

When days are hot,

when days are cold,

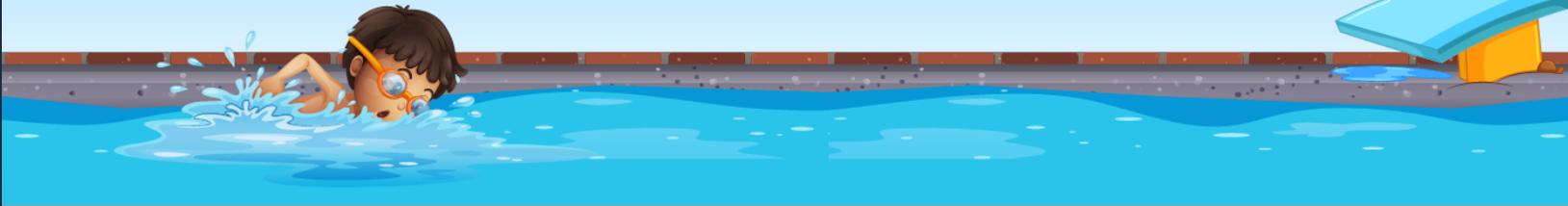
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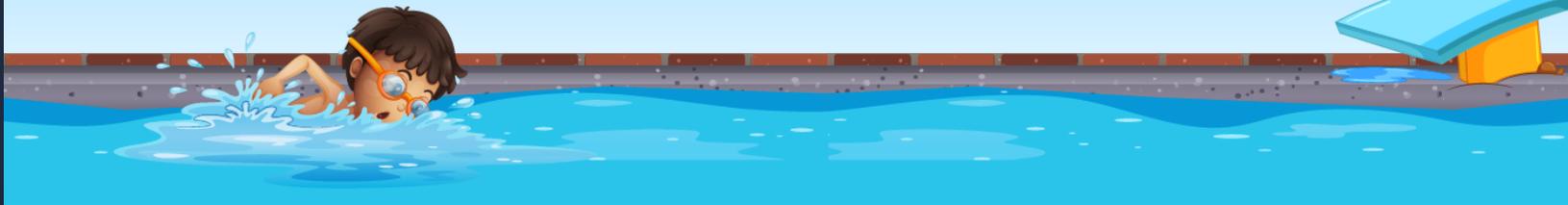
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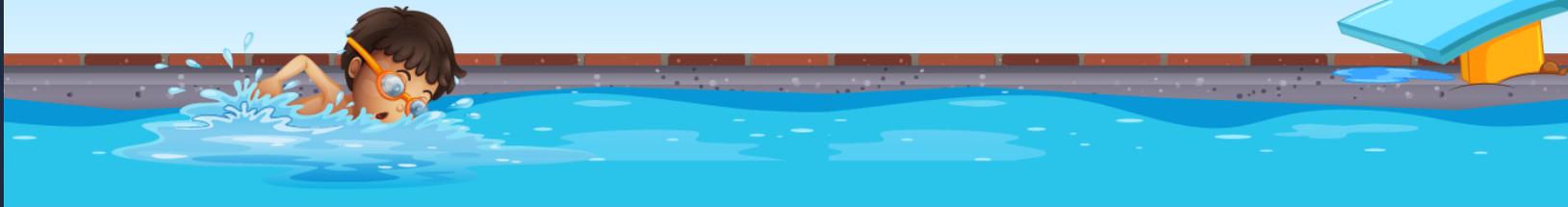
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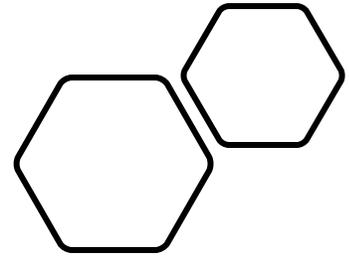
Don't you wish you never had
anything else to do, but...





**THINK OF 3 OR 4
DIFFERENT MUSICAL
GENRES
(STYLES).**

**SHARE YOUR IDEAS
WITH A NEIGHBOR.**











Looks
Important





THE CAT OPERA

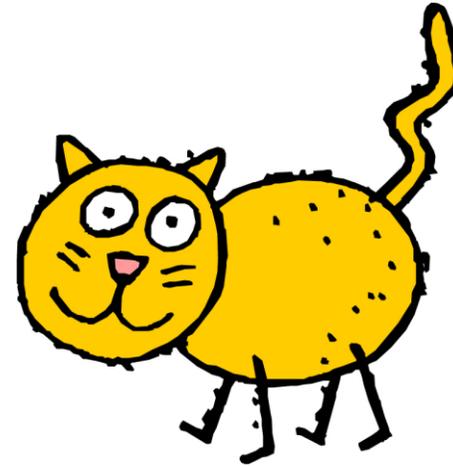
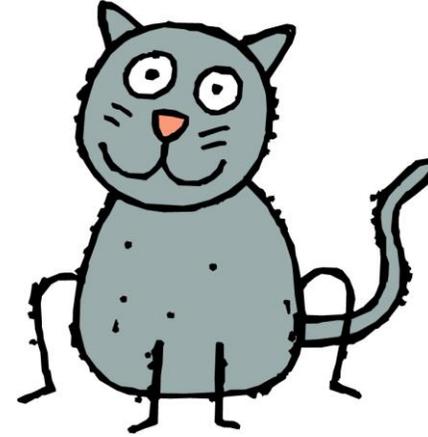
BY

GIOACHINO

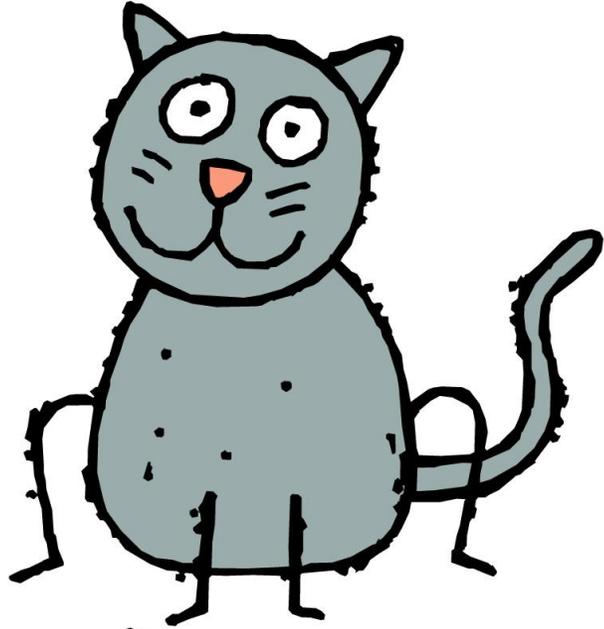
ROSSINI

"Every kind of music is good,
except the boring kind."
Gioachino Rossini

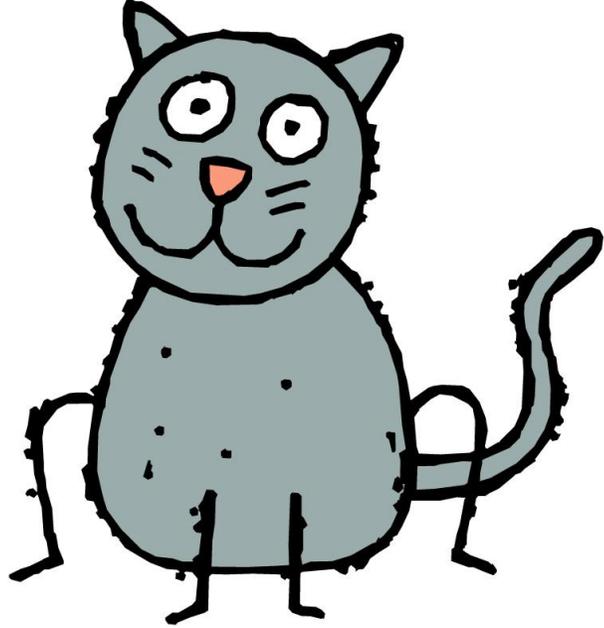
"Rossini would have been a great
composer if his teacher had spanked
him enough on the backside."
Ludwig van Beethoven



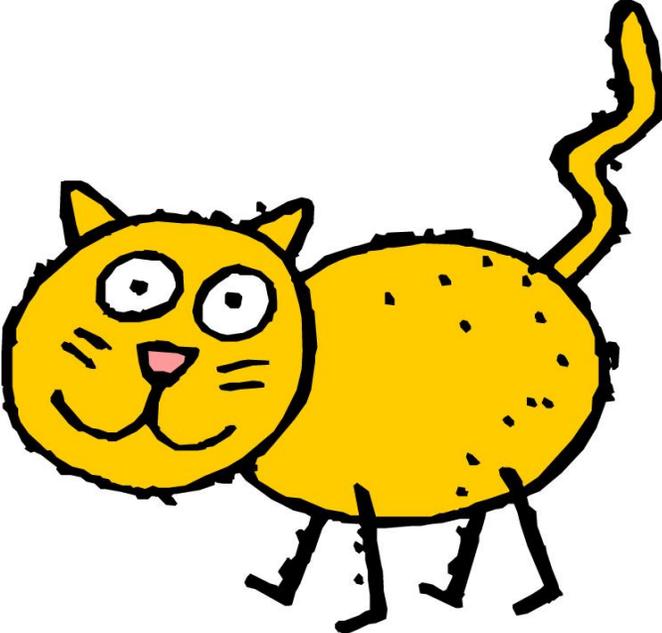
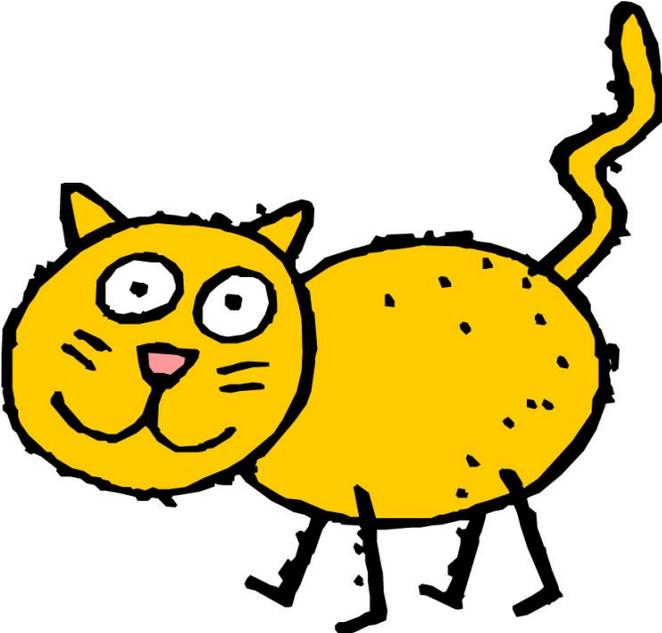
This activity was shared with me by Debbie Clifton,
and I thank her for allowing me to share it with you!



17



18





Singing brings joy to many people – but did you know that your passion for singing can lead to other surprising benefits? Consider all the health benefits of singing and you'll never want to sit silent ever again!

<https://takelessons.com/live/singing/health-benefits-of-singing>





Physical Benefits

Singing strengthens the immune system

According to research conducted at the [University of Frankfurt](#), singing boosts the immune system. The study included testing professional choir members' blood before and after an hour-long rehearsal singing Mozart's "Requiem". The researchers noticed that in most cases, the amount of proteins in the immune system that function as antibodies, known as Immunoglobulin A, were significantly higher immediately after the rehearsal. The same increases were not observed after the choir members passively listened to music.

Singing is a workout

For the elderly, disabled, and injured, singing can be an excellent form of exercise. Even if you're healthy, your lungs will get a workout as you employ proper singing techniques and vocal projections. Other related health benefits of singing include a stronger diaphragm and stimulated overall circulation. Since you pull in a greater amount of oxygen while singing than when doing many other types of exercise, some even believe that singing can increase your aerobic capacity and stamina.

Singing improves your posture

Standing up straight is part of correct technique as you're singing, so with time, good posture will become a habit! As your chest cavity expands and your shoulders and back align, you're [improving your posture](#) overall.

Singing helps with sleep

According to a health article in [Daily Mail Online](#), experts believe singing can help strengthen throat and palate muscles, which helps stop snoring and sleep apnea. If you're familiar with these ailments, you know how difficult it can be to get a good night's sleep!



Mental and Emotional Benefits

Singing is a natural anti-depressant

Singing is known to [release endorphins](#), the feel-good brain chemical that makes you feel uplifted and happy. In addition, scientists have identified a [tiny organ in the ear](#) called the sacculus, which responds to the frequencies created by singing. The response creates an immediate sense of pleasure, regardless of what the singing sounds like. Not only that, but singing can simply take your mind off the day's troubles to boost your mood.

Singing lowers stress levels

Making music in any form is relaxing. Singing releases stored muscle tension and decreases the levels of a stress hormone called cortisol in your blood stream.

Singing improves mental alertness

Improved blood circulation and an oxygenated blood stream allow more oxygen to reach the brain. This improves mental alertness, concentration, and memory. The [Alzheimer's Society](#) has even established a "Singing for the Brain" service to help people with dementia and Alzheimer's maintain their memories.



Social Benefits

Singing can widen your circle of friends

Whether you're in a choir or simply enjoy singing karaoke with your friends, one of the unexpected health benefits of singing is that it can improve your social life. The bonds you form singing with others can be profound, since there's a level of intimacy naturally involved.

Singing boosts your confidence

Stage fright is a common feeling for new singers. However, performing well and receiving praise from your friends and family may be the key to eventually overcoming your fears and boosting your self-confidence. With time, you may even find it easier to present any type of material in front of a group with poise and good presentation skills.

Singing broadens communication skills

According to an article in [The Guardian](#) (a British daily newspaper), singing to babies helps prepare their brains for language. Music is just as important as teaching reading and writing at a young age to prevent language problems later in life. If you enjoy writing your own lyrics, honing this talent can improve your ability to communicate in different ways!

Singing increases your ability to appreciate accomplished singers

Sometimes, you don't realize how difficult something is until you try it yourself. As you grow from an amateur to an intermediate student and beyond, you'll be looking to the masters for inspiration. You might even find a new style of music to appreciate that you wouldn't normally listen to!

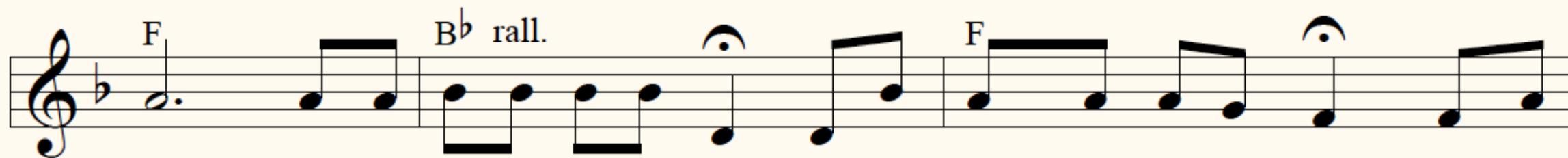
The delights of singing go beyond merely enjoying the beauty of your own vocal talent. All of these health benefits of singing may make you want to join a choir or [start taking voice lessons](#) right away! It doesn't matter whether you become a world-class singer or not; have fun with it and do you what you enjoy!

There's a Spider on the Floor

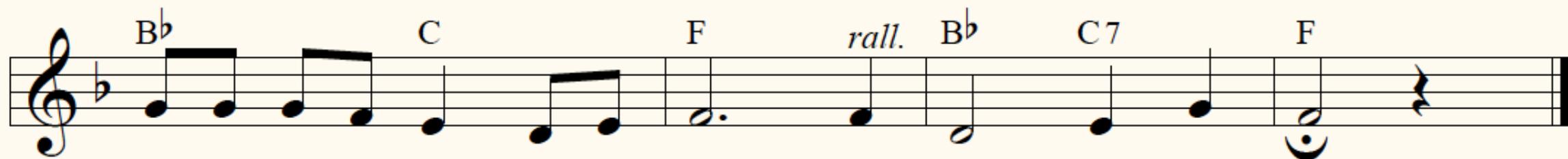
by Bill Russell



There's a spi-der on the floor, on the floor. There's a spi-der on the floor on the



floor. There's a spi-der on the floor. He just walked right in the (door) There's a



spi-der on the floor, on the floor. Yes, floor rhymes with door.



The Hawaiian Happy Spider



The South American Goliath Birdeater Spider



The Dracula Spider



The Sparklemuffin Spider



The Scuba Spider



The Poopy Spider

Spider Facts

- **Spider Population:** An estimated 1 million spiders live in one acre of land. The number might be closer to 3 million in the tropics. It is estimated that a human is never more than 10 feet away from a spider—ever. 😬
- **Spider Diet:** Spiders eat more insects than birds and bats combined.
- **World's Biggest Spider!** The world's biggest spider is the goliath spider (*Theraphosa blondi*). It can grow up to 11 inches wide, and its fangs are up to one inch long. It hunts frogs, lizards, mice, and even small snakes and young birds.
- **Spider Dating:** Some male spiders give dead flies to the females as presents. 😊
- **Spider Medicine:** Hundreds of years ago, people put spider webs on their wounds because they believed it would help stop the bleeding. Scientists now know that the silk contains vitamin K, which helps reduce bleeding!
- **Amazing Spider Silk:** A strand of spider silk long enough to encircle Earth would weigh just over a pound!
- **Spider Venom:** The venom of the female black widow is 15 times more powerful than the poison of a rattlesnake! 😬

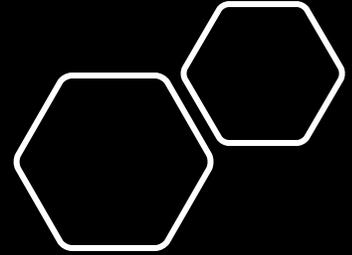
Where

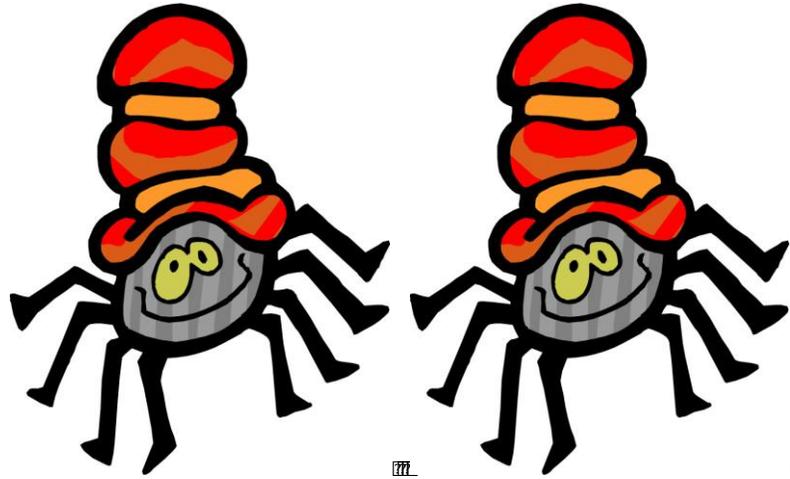
there's

passion,

there's

retention.

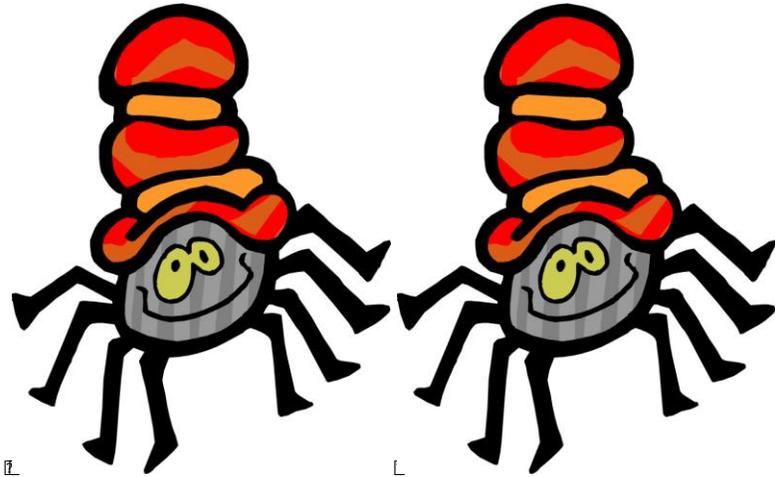




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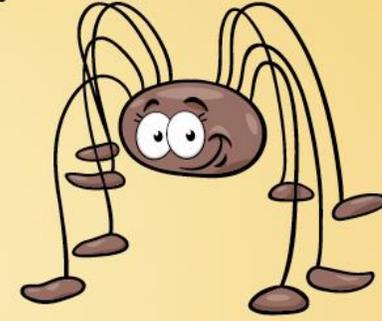






There's a Spider on the Floor by Bill Russell

1. Floor – he just walked right in the door
2. Toes – and he's wiggling his nose
3. Knee – he used to live up in a tree
4. Thigh – and he's only got one eye!
5. Belly – eating peanut butter and jelly
6. Neck – he makes me feel like a wreck!
7. Ear – he's so big I can hardly hear.
8. Hair – I think he's dancing way up there.
9. Back – eating a little snack
10. Tush – if I roll over, he's gonna go smush!



Coda – Now there's a spider on the floor, on the floor.

(Repeat)

There's a spider on the floor ... 'cause we're not gonna sing any more ... There's a spider on the floor, on the floor. Yes, floor rhymes with door.



Long Legged Sailor

Long
Legged
Sailor

A
SILLY
SONG
WITH
BODY

PERCUSSION









skeeter

Baby

Pickle

Tuba

Pizza

Eyeball

Cockroach

CLASSROOM TRANSFERS

- * Create a NEW silly word with your partner
- Suggest one fun change in the body percussion pattern

**DON'T FORGET
TO HAVE FUN WITH**

■ YOUR STUDENTS.

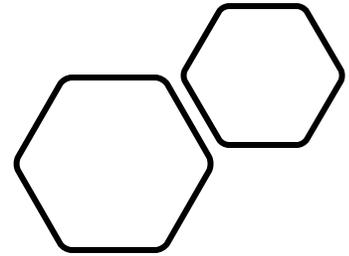
DANCE. SING. ACT.

DRESS UP. BE SILLY. LAUGH.

REMEMBER,

THEY ARE ONLY LITTLE ONCE.

MISS DECARBO 



About the Clinician

Dr. Artie Almeida has 37 years of public-school teaching experience and was the music instructor at Bear Lake Elementary in Apopka FL, where she taught 1200 K-5 students. Her dynamic performing groups have performed for FMEA, AOSA (Tampa), MENC, Walt Disney World, many educational organizations and on the NBC Today Show. For the last 35 years she has traveled to provide elementary music symposia to teachers around the globe. Each year she presents workshops for many state MEAs, Orff chapters, school districts and other education organizations.

Artie's accolades include Florida Music Educator of the Year, Runner-Up for Florida Teacher of the Year, Seminole County Teacher of the Year, International Educator 2006 (Cambridge UK Biographical Society), school level Teacher of the Year six times, and University of Central Florida Alumni of the Decade. Artie is included in the publications Who's Who in American Education and Great Minds of the 21st Century.

Artie's 29 publications celebrate innovative delivery systems for K-5 music instruction. Her themes in teaching are "Heavy Academics: Delivered Joyfully!" and "Where There's Passion, There's Retention!" Artie was an adjunct professor of music education at the University of Central Florida for 35 years, the saxophone instructor at Valencia State College, the music and movement instructor at Seminole State College and a saxophone performer and teacher. Additionally, she performed early music with Ars Antiqua and the Halifax Consort.