

SINGING Fun 'n Games



CITY OF ST. CHARLES SCHOOL DISTRICT



**ARTIE
ALMEIDA
CLINICIAN**

ALL OF TODAY'S VISUALS ARE AVAILABLE FOR YOU ON ARTIE'S WEBSITE

1. Go to www.artiealmeida.com
2. Click on "Teacher Resources"
3. Click on "Teacher Downloads"
4. Scroll down to find the folder titled "St. Charles"

CONTENTS:

Three handouts

Three PDFs of Visuals

100 Ways to Praise a Child

How to Make 2023 Epic

How Listening to Music Benefits Children

Stickman





My Bonnie Lies Over the Ocean
Scottish Folk Song
Published 1881



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,

4
chum - chum - chum - chum - chum - chum - chum - chum, chum - ba - ra, chu - ba - ra,

6
chum - ba - ra, chum - ba - ra, chum - ba - ra, chum - ba - ra chum chum!

The musical score is written in 4/4 time on three staves. The first staff contains six measures of music, each with a dotted quarter note followed by an eighth note. The second staff begins with a measure of two eighth notes, followed by a highlighted section of four measures (measures 2-5) containing eighth notes, and then continues with two more measures. The third staff contains six measures, with the fifth measure highlighted. The lyrics are aligned with the notes below each staff.

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

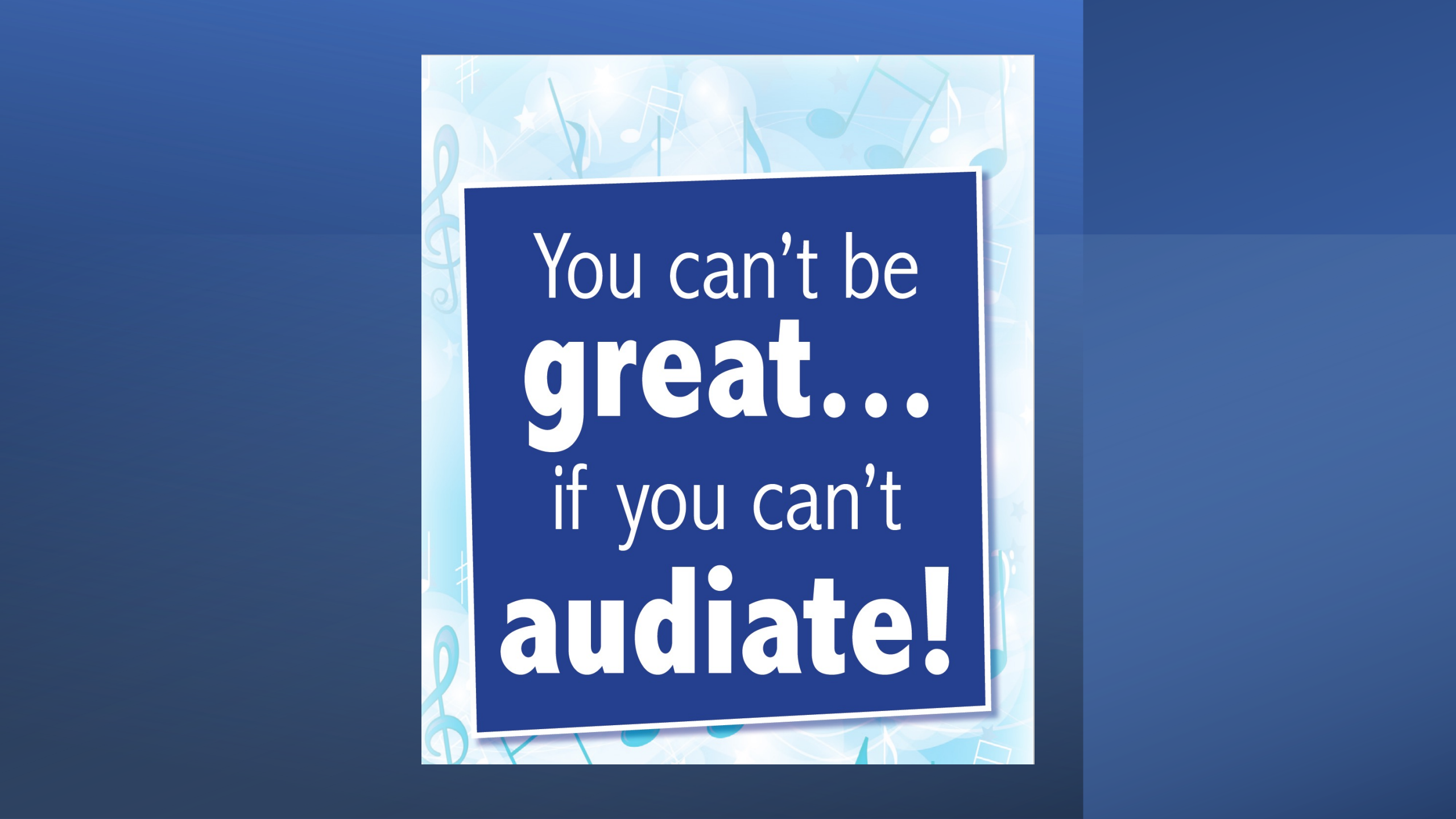
FROM ARTIE'S NEW BOOK: SINGING FUN 'N GAMES



Singing Fun and Games!

By Artie Almeida

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You can't be
great...
if you can't
audiate!

Swimming,
Swimming

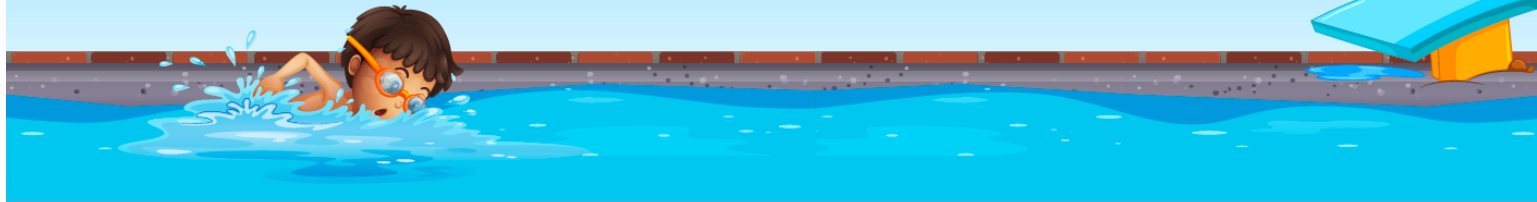


**Swimming, swimming,
in my swimming pool.**

**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,

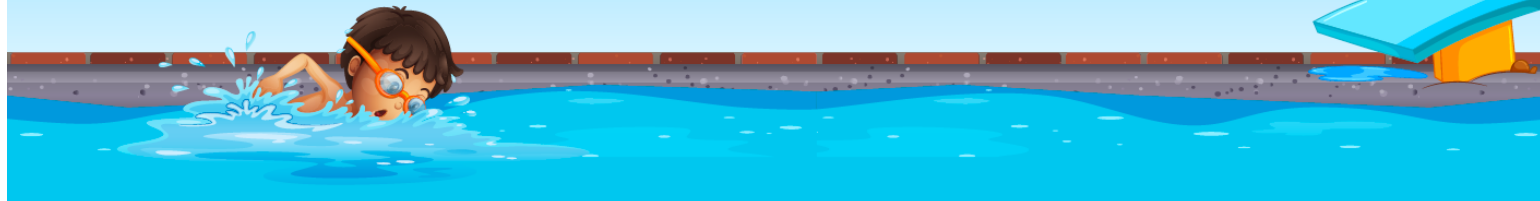
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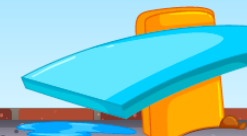


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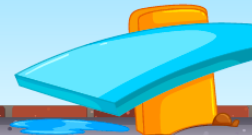


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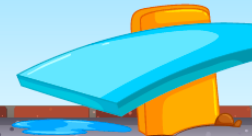


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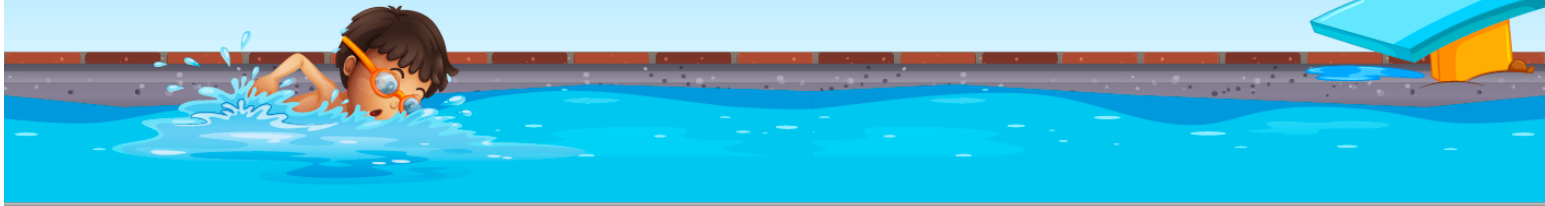


Swimming, swimming,
in my swimming pool.

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

G C G

Swim - ming, swim - ming, in my swim - ming pool. When

D7 G A D

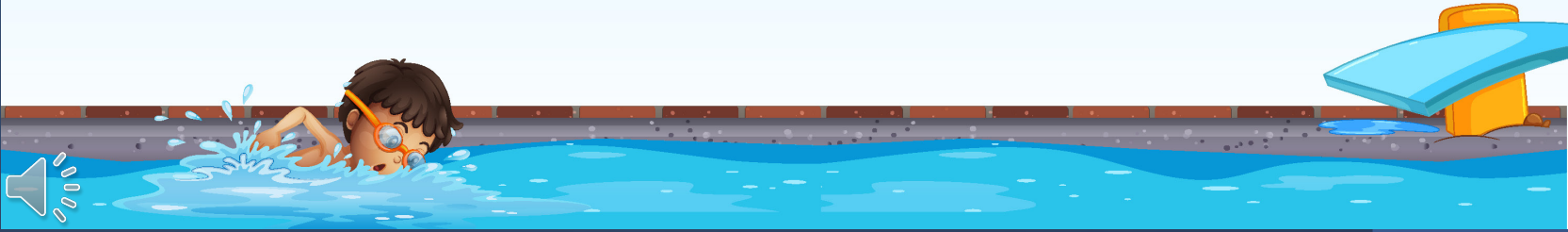
days are hot, when days are cold, in my swim - ming pool.

G C G

Back stroke, side stroke, fan - cy div - ing too!

C D G D G D G

Don't you wish you nev - er had an - y - thing else to do? (But)



Long Legged Sailor



Long Legged Sailor



2 bar intro

Traditional

F C7 F

Have you ev - er, ev - ev - er your long leg - ged life seen a

The first line of the musical score is written on a single staff in treble clef with a key signature of one flat (Bb) and a common time signature (C). It begins with a 2-bar introduction consisting of two half notes: F4 and C5. The melody then continues with eighth and sixteenth notes, mostly ascending. Chords F, C7, and F are indicated above the staff at the beginning of the first, second, and third measures respectively.

C7 F

long leg - ged sail - or with a long leg - ged wife?

The second line of the musical score continues the melody from the first line. It features a mix of eighth and sixteenth notes. Chords C7 and F are indicated above the staff at the beginning of the fourth and fifth measures respectively. The line ends with a double bar line.

F C7 F

No, I've nev - er, ev - ev ev - er in my long leg - ged life seen a

The third line of the musical score continues the melody. It features a mix of eighth and sixteenth notes. Chords F, C7, and F are indicated above the staff at the beginning of the first, second, and third measures respectively.

C7 F

long leg - ged sail - or with a long leg - ged wife?

The fourth line of the musical score continues the melody. It features a mix of eighth and sixteenth notes. Chords C7 and F are indicated above the staff at the beginning of the fourth and fifth measures respectively. The line ends with a double bar line.



Long Legged Sailor



1. Have you ever ever ever in your long-legged life
seen a long-legged sailor with a long-legged wife?
No, I've never ever ever in my long-legged life
seen a long-legged sailor with a long-legged wife.
2. Have you ever, ever, ever in your long legged life,
seen a long legged hamster with a long legged wife.
No, I've never, ever, ever in my long legged life,
seen a long legged hamster with a long legged wife.
3. Have you ever, ever, ever in your long legged life,
seen a long legged pizza...
4. Have you ever, ever, ever in your long legged life,
seen a long legged eyeball...





11 Surprising Health Benefits of Singing

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!

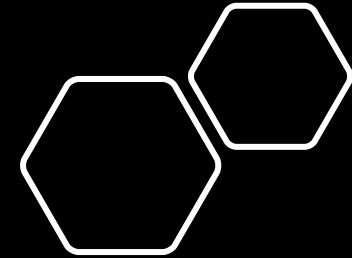
The delights of singing go beyond merely enjoying the beauty of your own vocal talent. All of these health benefits of singing may make you want to join a choir or [start taking voice lessons](#) right away! It doesn't matter whether you become a world-class singer or not; have fun with it and do you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

Where
there's
passion,
there's
retention.



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

**SHARE YOUR IDEAS
WITH A NEIGHBOR.**



THE CAT OPERA

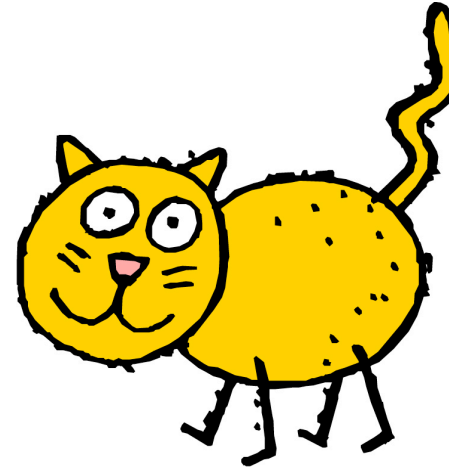
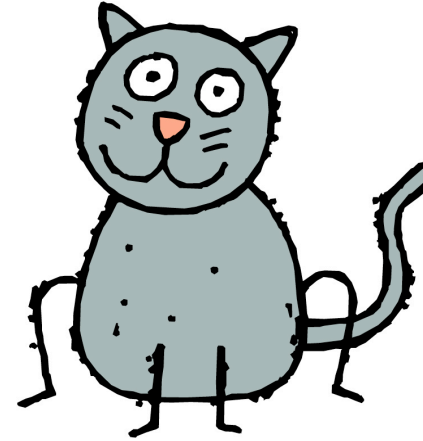
BY

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!

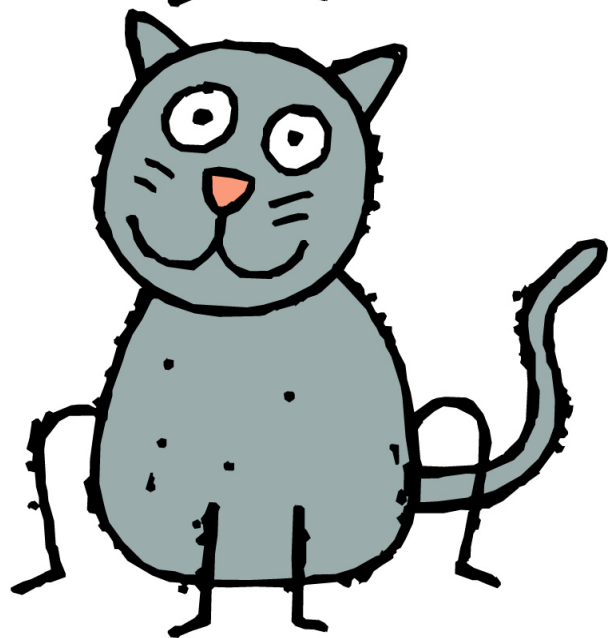
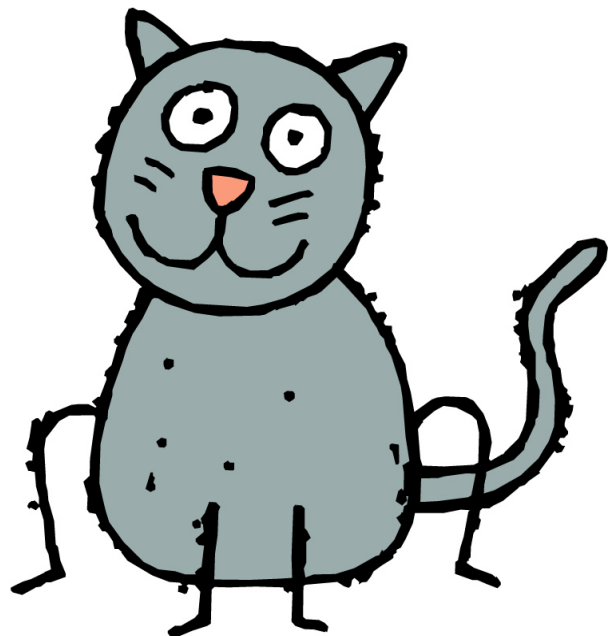


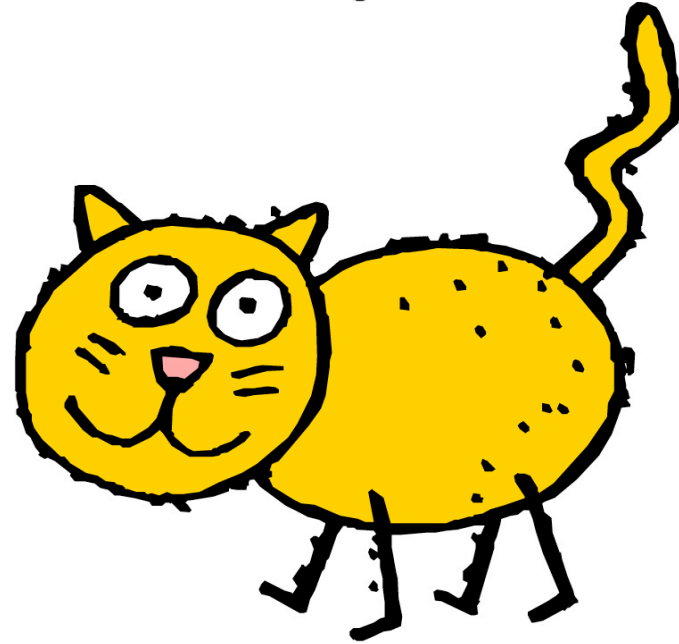
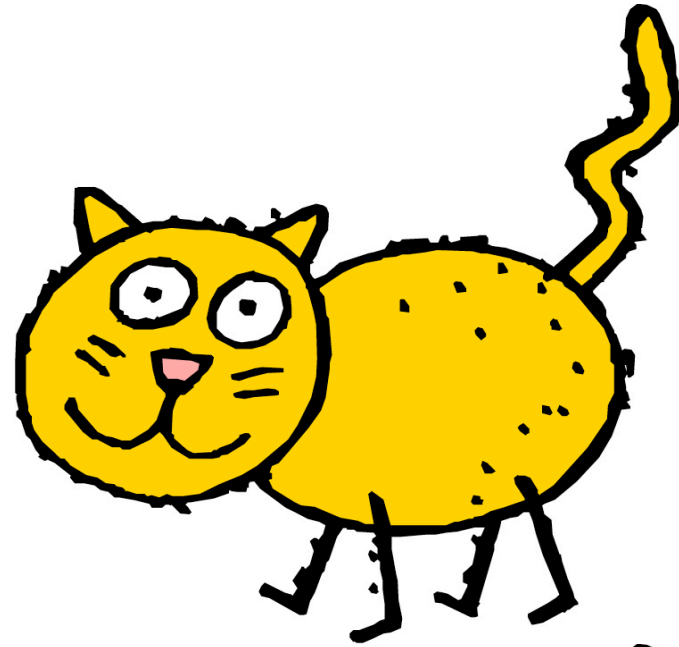












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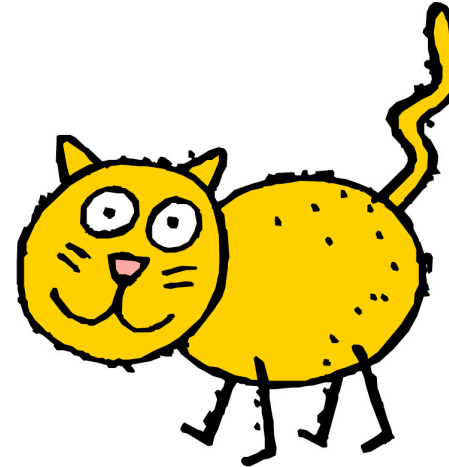
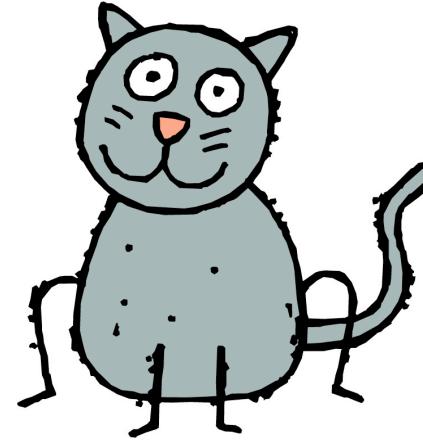
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About the Clinician

Dr. Artie Almeida has 37 years of public-school teaching experience and was the music instructor at Bear Lake Elementary in the Orlando FL area, where she taught 1200 K-5 students. Her dynamic performing groups have performed for hundreds of audiences, including AOSA, FMEA, Walt Disney World, and on the NBC Today Show.

Artie's accolades include Florida Music Educator of the Year, Runner-Up for Florida Teacher of the Year, International Educator 2006 (Cambridge UK Biographical Society), school level Teacher of the Year six times, Seminole County Teacher of the Year, 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 was an adjunct professor of music education at the University of Central Florida for 34 years, the saxophone instructor at Valencia State College, the music and movement instructor at Seminole State College and a saxophone performer and instructor. Additionally, she performs early music on woodwinds with Ars Antiqua and the Halifax Consort.

Artie presents music education symposia throughout the world and her 32 publications celebrate innovative delivery systems for K-5 music instruction. Heavy Academics: Delivered Joyfully!

Contact Artie at musicja@me.com

Refer to the following page for a list of Artie's Teaching Resources.

Artie's Teaching Resources

Woods, Metals, Shakers, Skins

Hoop Group Activities for Your Active Music Room

Percussion Parade

The Wonderful World of Non-Pitched Percussion

Artie's Affirmations

21 Educational and Inspirational Posters for Every Music Classroom

Adventures with the Orchestra

A complete instructional unit to bring the orchestra to your students

KidStix

Rockin' Repertoire for Rhythm Readiness

Music Madness!

Totally Terrific Interactive Games

Get to the Point!

A Collection of Pointing Pages and Powerful Plans

Parachutes and Ribbons and Scarves, Oh My!

Listening Lessons with Movement Props

Mallet Madness Interactive CD-ROM and Mallet Madness Strikes Again!

Interactive CD-ROM

SMART and Promethean editions of whiteboard lessons with PowerPoint materials to support your favorite resources

Mallet Madness

A collection of engaging units for using mallet instruments and drums in the music classroom

Mallet Madness Strikes Again!

A collection of engaging units for mallet instruments and drums

Recorder Express

Soprano Recorder Method with CD

Proficiency Packs

Each pack includes 30 student cards on brightly colored, sturdy card stock and a teacher's guide

- #1—Rhythm Rockets
- #2—Sneaky Snake (vocabulary)
- #3—Beat Strips and Rhythm Markers
- #4—Doggone Dynamics
- #5—Melody Mice
- #6—Percussion Discussion (with CD)
- #7—Mood Meters (with CD)
- #8—Ensembles for Everyone (with CD)
- #9—Style Dials (with CD)
- #10—Super Singers (with CD)

Artie's Jazz Pack

CD included • Games and Activities for Teaching About Jazz in the Classroom



Artie Almeida



Visit www.artiealmeida.com to learn more about and purchase these and other exceptional teaching resources from Artie.