

Sing Your Song!

In the story *Tubby the Tuba*, Tubby leaves his orchestra rehearsal feeling very sad, but after he learns a song from a new friend, who takes the time to listen to and understand him, he feels “as happy as a tuba can be.” He gets encouragement to share with his new friend Mr. Frog and the conductor. How wonderful he sounds when he sings with confidence and a full voice! This activity is about singing songs and discovering how they make us, our friends, and loved ones feel.

Materials Needed: Time and space for singing!

Directions:

Step 1: Get comfortable

- Find a place that feels best for you. Maybe you want to sing in a private place at first, with a few stuffed animals as an encouraging audience. Or maybe you like to sing while taking a bath or shower. Or in the kitchen while you are helping with the cooking or chores, or with someone who enjoys having you and your voice nearby to dance or sing along with.

Step 2: Warm-Up

- Stretch and shake out your body. Put your arms way up over your head like you are reaching for the stars. Then reach down and touch your toes. Shake out your hands, your feet, your shoulders and your whole body. *Bonus:* Listen to Beethoven’s *Ode to Joy* or Handel’s *Water Music* while stretching.
- Relax. Take a few deep breaths. Put your hands on your belly, and as you breathe in, imagine that you are filling up with your favorite color. Imagine a wave of that beautiful color leaving your body as you breathe out. Try lying down with the stuffed animal on your stomach. Watch your stuffed animal rise and fall as you slowly breathe in and out.

Step 3: Choose a Song or Make Up Your Own!

- Is there are a song you know that you would like to sing? You don’t have to know all of the words, just one part is enough. You can always hum the other parts or make up your own words. Don’t forget: it can be a simple song like *Twinkle Twinkle* or *the ABC song*. The classics never grow old. Also feel free to use the bonus songs in step 2 and hum along.
- Hum or sing along with a recorded music. Tune in to KING-FM and see what happens to be on, or pick something from your own collection.
- Would you like to make up your own song? Just think of a title and start. Or think of a feeling, an animal or a person and start singing about that. Or pick some sounds like “la la de da” or “shooby doo wa” and see where they take you!

“And Tubby let go with full voice. “Well, I never,” said the strings. “Tubby, may we sing your tune too?” “How about me?” said the xylophone...and they all sang!
– Paul Tripp, *Tubby the Tuba*

Step 4: Practice Your Song

- Practice your song softly, loudly and in between. Try it standing up, try it sitting down. Sing it to the ceiling or sing it to a wall. How do you like to sing it best?
- Try singing in a costume. Some people feel more inspired or confident IN A costume.
- Can you sing the song with different feelings? Happy? Calm? Wistful? Loving? Excited? Or maybe a combination of feelings. Notice how singing the song makes YOU feel as you sing it.

Closing:

- Now you are ready to share your song! Who you share it with is up to you. Maybe you will share it with your family or friends, or maybe with a pet, an imaginary friend or with your own reflection in the mirror. Sometimes we can be our own best audience, and our own best friend!

Bonus: Find inspiration by listening to these songs about loving ourselves, being proud of who we are, what we feel and what we sing:

Chicago and Earth, Wind and Fire singing [*Sing a Song*](#)

Joe Raposo's [*Sing*](#) sung by Bob and friends on Sesame Street

Cookie Monster from Sesame Street sings about his love of cookies in [*C is for Cookie*](#)