



Student Prep for our Sing Along

The Singalong is an opportunity to...Give each other the Gift of Music!

The gifts also includes...

1. Sense of Community (COMM-**UNITY**)thinking about the unity piece
2. Sense of Belonging
3. Joy of a Shared Endeavor
4. When you sing your body releases Endorphins and gives you an emotional sense of well-being.



Health benefits of SINGING

The health benefits of singing are both physical and psychological.

Singing has physical benefits because it is an aerobic activity that increases **oxygenation in the blood stream** and **exercises major muscle groups in the upper body**, even while sitting.

Your body produces '**feel good**' hormones called **Endorphins**, which rush around your body when you sing which is linked to our **sense of emotional well-being**.

when people sing together they feel increased **Sense of Community, Belonging and Shared Endeavour**.



Sing Along Etiquette

Helpful choices and expectations:

1. Encourage each other to sing and have fun
2. Speak in a positive light about other singers and the music-
Practice giving someone a compliment about their voice or
commenting on the music.
3. Find a “just right” voice that allows all to be heard equally- No
Divas or Rockstars plz



4. If someone makes a mistake, practice kindness- either ignore it
or encourage the person, “No Biggie”
5. Be aware of the voices around you, enjoy them, soak up the
awesome experience of our whole school singing together.

Even more Cool Facts!

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Increases lung capacity, improves posture. Clears respiratory tubes and sinuses. Increases mental alertness through greater oxygenation.

Boosts Immunity by promoting healthy lymphatic system.

Keeps Calm and Sing for Joy

Lowers ↓ **Blood Pressure.**

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