

How to practice quietly or without an instrument:

Rhythms	Notes	Breathing
-Clap the rhythm -Sizzle with your breath as you would exhale on your instrument -Sing using ta and ti-ti	-Sing the letter names -Write in the letter names -Play an invisible instrument (for percussion, flute, clarinet, saxophone, and recorder a pencil works great!)	-Follow this video and sit with good posture or stand up. -Sing the ABC's slowly in one breath. Get as far as you can. Try again and try to get further.

