Sing Like a Team: Teaching Mind, Body, and Spirit Through the Young Choral Ensemble

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Why Kodály?
- Essential Elements:
  - Singing
  - Folk Music
  - Solfège
  - Music & Quality
  - Development of the Complete Musician
  - Sequence*
- Team Building is intrinsic in the Kodály Method

Warm-Up Routine
- Call to Attention (using musical cue)
- Rhythm Canon
- Gross and Fine Motor Physical
  - Jumping jacks/scissors/jump in place
  - Slowing breath
  - Full-body forward fold
  - Find posture
  - Eyebrow “push-ups”
- Breath Work
  - Silent inhale and exhale with physical movement
  - Hissing out
  - Sing counting
- Accessing Head Voice
  - Echo vocalizations in varying ranges/tones/vowels
- Tone-Developing Vocalizations
  - Hum
  - “zoo” and “zah”

![Musical notation]

- Zing-a
• Unison Singing
  - Major Scale

\[
\begin{align*}
&\text{do re mi fa so la ti do ti la so fa mi re do do} \\
&\text{la, ti, do re mi fa so la so fa mi re do ti, la,}
\end{align*}
\]

- Minor Scale

• Multi-part Singing
  - Scale in two/three parts
  - Round

\[
\begin{align*}
&\text{Ah, Poor Bird} \\
&\text{Ah, poor bird, take thy flight, far above the sorrows of this sad night!}
\end{align*}
\]

• Lead into Repertoire

Resources
• Organization of American Kodály Educators (www.oake.org)
• International Kodály Society (www.iks.hu)
• Excellent Treble (and More!) Choirs
  - Los Angeles Children’s Chorus (USA)
  - American Boychoir (School, USA)
  - Drakensberg Boy Choir (School, South Africa)
  - Wiener Sängerknaben (Vienna Boys’ Choir)