

## Singing Badge



### Otter (Do 4 requirements including the 2 starred)

\_\_\_\_\_ 1.\* The key to a good singing is to do the following before starting:

Proper abdominal breathing (Learn and practice this technique).

[http://www.vocalist.org.uk/breathing\\_exercises.html](http://www.vocalist.org.uk/breathing_exercises.html)

Good posture.

Breath during natural pauses

Keep your chin level

Keep your knees loose

Keep your head up

Keep your shoulders sloping and relaxed

Keep your toes pointed forward with your weight on heels and soles

Keep the front of your neck loose - don't stretch it

Keep abdominal muscles relaxed

Keep your back muscles relaxed

Avoid holding your shoulders lifted and puffed out

Relax and SMILE.

*Try the following singing exercises:*

Stand with your shoulders relaxed, arms by your side.

Breath in slowly.

Sing one note, holding the note for as long as you can without becoming short of breath.

Do NOT suck in your stomach!

Repeat the exercise with different notes using doh, ray, me, far, so, la, te, doh.

Use different mouth shapes and vowels like "ooh", "ee", "a" and "aah"

Try singing up and down a scale (called an arpeggio).

Sing short notes (known as Staccato) as well as long ones.

\_\_\_\_\_ 2.\* Learn at least one of each of the following song types:

Round

Folk

Spiritual

Action Song

\_\_\_\_\_ 3. Learn a song from another country.

\_\_\_\_\_ 4. Learn the history behind an American folk song.

\_\_\_\_\_ 5. Attend a singing concert.

\_\_\_\_\_ 6. Perform a song for your family, friends, or troop.

\_\_\_\_\_ 7. Write your own song and sing it for a family member, friend, or your troop.

### Dolphin (Do 5 requirements including the 2 starred)

\_\_\_\_\_ 1.\* Practice the breathing and singing exercises in the Otter requirement #1.

\_\_\_\_\_ 2.\* Learn at least one of each of the following song types:

Round  
Folk  
Spiritual  
Action Song

\_\_\_\_\_3. Discuss good musical manners when attending different types of concerts, and when listening to music at home.

\_\_\_\_\_4. Attend a singing concert.

\_\_\_\_\_5. Research the background of a song you learned and tell some interesting facts to your troop.

\_\_\_\_\_6. Write your own song and sing it for a family member, friend, or your troop.

\_\_\_\_\_7. Music and singing have always been used in the worship of God. Choose your favorite spiritual song and find out about it's history. Who was the author? Why did they write it? What does the song say to you?

### **Butterfly (Do 6 requirements including the 2 starred)**

\_\_\_\_\_1.\* Practice the breathing and singing exercises in Otter requirement #1.

Show that you are familiar with musical grammar and punctuation. Show that you know or can do the following:

- Sing a major scale.
- Be able to tell, upon hearing a few bars played, whether they are in a major or minor key.
- Learn to recognize most of the intervals (a third, a fifth, a seventh) in the octave above middle C when they are played or sung.
- Draw the symbols for the different types of notes and rests. Explain their values.

\_\_\_\_\_2.\* Learn at least one of each of the following song types:

Round  
Chorale  
Folk  
Spiritual  
Country  
Pop or Rock  
Action Song

\_\_\_\_\_3. Plan to attend a concert and learn at least 3 of the songs to be sung before you go. After the concert, write a short review for your friends.

\_\_\_\_\_4. Listen to a piece of opera, and attend one if possible. How does opera differ from what you are used to listening to? Learn a short piece from an opera.

\_\_\_\_\_5. Find out how folk songs originate and some of their general characteristics. Learn 6 folk songs from at least 3 countries.

\_\_\_\_\_6. Research the Underground Railroad and how songs were used by slaves to convey covert information. Learn at least 3 of these songs, and their meanings.

<http://www.negrospiruals.com/>

<http://www.appleseedrec.com/underground/sounds.html>

- \_\_\_\_\_7. Arrange a karaoke party for your friends or troop.
- \_\_\_\_\_8. Teach at least 3 songs to a group of young children.
- \_\_\_\_\_9. Write your own song and sing it to a family member, friend, or your troop.

**Eagle (Do 7 requirements including the 2 starred)**

- \_\_\_\_\_1.\* Practice the singing and breathing exercises in Otter requirement #1.

Show that you are familiar with musical grammar and punctuation. Show that you know or can do the following:

- Sing a major scale.
- Be able to tell, upon hearing a few bars played, whether they are in a major or minor key.
- Learn to recognize most of the intervals (a third, a fifth, a seventh) in the octave above middle C when they are played or sung.
- Draw the symbols for the different types of notes and rests. Explain their values.
- Explain the following time signatures, and write a measure for each signature, using both notes and rests for each, 2/2, 2/4, 4/4, and 3/4.

- \_\_\_\_\_2. Learn at least one of each of the following song types:

Round  
Chorale  
Folk  
Spiritual  
Country  
Pop or Rock  
Action Song

- \_\_\_\_\_3. Choose a song writer and read their biography. Write a short report on their life, and learn at least 3 of their songs.

- \_\_\_\_\_4. Plan to attend a concert and learn at least 3 of the songs to be sung before you go. After the concert, write a short review for your friends.

- \_\_\_\_\_5. Learn about the minnesingers in Germany, the troubadours in southern France, or the early minstrels in England. Learn a song or two of the kind that they might have sung.

- \_\_\_\_\_6. Teach at least 3 songs to a group of younger children.

- \_\_\_\_\_7. Sing a simple piece of music from sight, explain all the signs and terms in it, and beat its rhythm.

- \_\_\_\_\_8. Arrange to host a karaoke party for your friends or troop.

- \_\_\_\_\_9. Computers are now a part of the world of music. Visit a music store and find out what software is available to song writers. Write your own song and if possible, use a computer program to help notate the music.

