How to play:

1. Print the sheets and cut the exercises out into individual strips.
2. Fold the exercises in half and place them in a box.
3. Have your student reach into the box and pick an exercise to sing (or speak).
4. If a CAT strip is chosen, follow the instructions and choose another exercise to sing.
5. If a COW strip is chosen, follow the “moovement” instructions and choose another exercise from the box.
6. Challenge students with dynamics, movement, listening, tempo and singing exercises unaccompanied.
7. Most importantly - HAVE FUN!

Swan swam across the sea. Swim, swan, swim!
Swan swam back again. Well swum, Swan.
Reading and writing are richly rewarding.
We surely shall see the sun shine soon.

Sing next exercise without piano.
The blue bluebird blinks

Sing a triad:  Do - Mi - So

Sing a major scale

Sing a 5-note scale

Sing the next exercise with your teacher
**BE MY MIRROR**
Watch your teacher and mirror (copy) every mooovment.

**RHYTHM CLAP BACK**
Listen to your teacher clap a short rhythm.
Clap the rhythm back to them.

**DO THE OPPOSITE**
Do the opposite movement of whatever your teacher does.*

**LISTEN AND MOVE**
Listen to a piece of music. Now Mooove to the music!

**BODY PERCUSSION**
Tap, clap, snap or step to a steady rhythm while singing a song!

**KEEP A STEADY BEAT**
Mooove to a steady beat while singing the next exercise.

*there’s no wrong; it’s just whatever “opposite” means to the student!