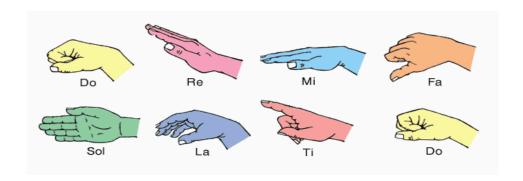
## Warm-Ups with Mr. Eliseo

- Physical Warm ups:
  - o Stretches
    - One, Two, Three, Four, Five
    - Spanish: Uno, Dos, Tres, Quatro, Cinco
    - Italian: Uno, Due, Tre, Quattro, Cinque (Cheen-que)
    - French: Un (Uh), Deux (Du), Troi (twah), Quatre (Kat-ruh), Cinq (sank)
    - German: Eins (Einz), Zwei (Tsvy), Drei (Dry),
       Vier (Fear), Fünf (Foonf)
  - o Sour Surprised Faces
- Breathing Warm ups:
  - o Silent Apple Breaths with warm, foggy, air going out
    - In 4, 2 sips, out 2 (all air out) FAST AIR
    - In 4, 2 sips, out 4 (all air out) Medium air
    - In 4, 2 sips, out in 30 seconds (all air out) slow air
- Vocal Warm ups:
  - o Scales (with hand signs)
    - Do, Re, Mi, Fa, Sol (the l is silent), La, Ti, Do
  - Mother Made Me Mash My M And M's, Oh No! (slow to fast)
  - o \*Mickey Mouse voice\* (with hand signs)
    - Sol, Fa, Mi, Re, Do



## Rejoice In The Lord Always (Round)

A round is a musical piece where two or more people sing exactly the same melody, but each person begins at a different time. This allows different parts of the melody to sung while creating harmony.

- 1.Re-joice in the Lo\_rd al\_ways and a-gain I say rejoice! X X Re-joice in the Lor\_rd al\_ways and a-gain I say rejoice! X X
- 2.Re-joice\_, re-joice\_, and a-gain I say re-joice! X X Re-joice\_, re-joice\_, and a-gain I say re-joice! X X

## Jesus Loves Me

Jesus loves me, this I know
For the Bible tells me so;
Little ones to him belong,
They are weak, but he is strong.

Yes Jesus loves me, yes Jesus loves me. Yes Jesus loves me, the Bible tells me so.

## Sign Language: Jesus Loves Me



REPEAT:

YES, JESUS LOVES ME, YES, JESUS LOVES ME, THE BIBLE TELLS ME SO.