

Breathing

- Lift the chest and relax the shoulders.
- With lips lightly closed, breathe silently through the nose.
- Make hiss sounds as indicated.

(Breathe) Ssss, (breathe) ssss, (breathe) ssss,

(breathe) ssss, (breathe) ssss,

Counting

- Establish a steady pulse first.
- Whisper the (silent) words.
- Keep a marching tempo.

One, two, three, four, one, (two,) three, (four,) mu - sic has its rhymes and rules.

Count - ing strict - ly you and I. Mu - sic al - ways is math!

Tick, tock, tick, tock, in our hearts and sway - ing this way and that way.

Count - ing strict - ly you and I. Mu - sic al - ways is math!