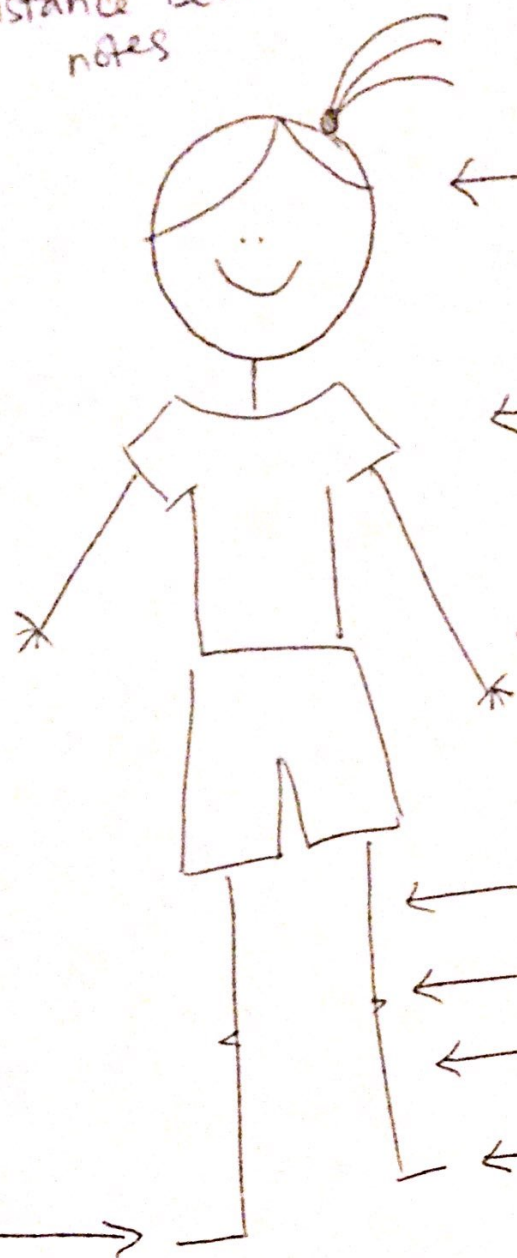


The Sunflower Song

to teach

- Solfege syllables
- Intervals - distance between notes

DO (arms above head)



ti (head)

LA (shoulders)

SO L (waist or hips)

FA (thighs)

MI (knees)

RE (shins)

DO (feet)

start →

- Stand up, and go up the body to introduce the distance between notes.
- Start with hands on your feet & end with arms over your head (like a blooming sunflower 😊)