

Let's get the NIPEC Conference Singing!



Karen Diamond



Let's get singing –

Music for self-care

I'm not singing!

Breathing and Vocal Warmups

Epo e Tai Tai

One Bottle of Beer...

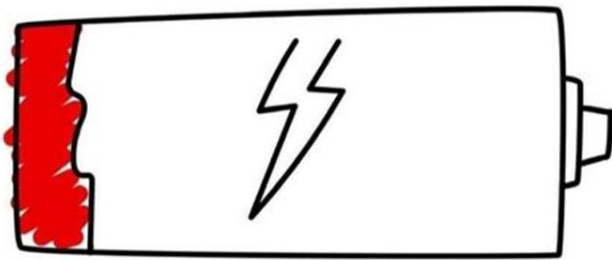
Blue Suede Shoes

Che Che Koolay

Reach for the stars....



Music for Self-Care



LEARNING AND EXPLORING THROUGH PLAY

**YOU WOULDN'T LET THIS HAPPEN
TO YOUR PHONE. DON'T LET IT
HAPPEN TO YOU EITHER.**

**SELF-CARE IS A PRIORITY
NOT A LUXURY**

LEARNING AND EXPLORING THROUGH PLAY



Slow Your Pace with a Calming Tempo



Create your own SOS playlist



Have a Transition Anthem – something which clearly marks the move from work to downtime.



Move to Music
/Workout to Music



Play an instrument or the saucepans!



I'm not singing!

- 🎤 Never worry about what your music teacher said in school!
- 🎤 'I don't have time for that'!
- 🎤 'How does a bit of singing help me meet feel better'?!!!!
- 🎤 'Oh, I can't sing so there's no point'!

I don't care what you sound like look at these benefits and tell me it's not worth trying!



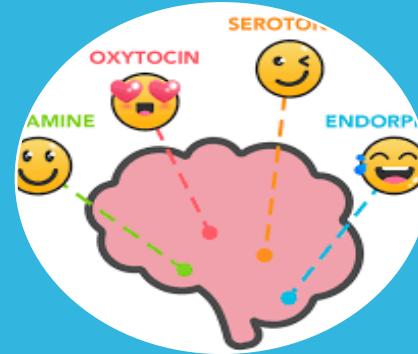
Singing helps:



Encourages
deep breathing



Encourages
imagination and
creativity



Reduction in
Anxiety Levels

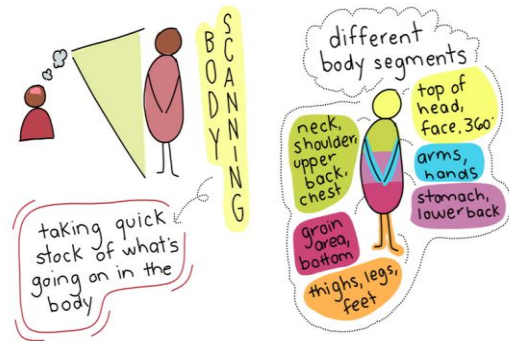


Valuable form
of
communication



Quick Body scan and breath work

Body Scan Meditation



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Epo e Tai Tai



Epo e Tai Tai ay

Epo e Tai Tai ay

Epo e tai tai, Epo e
Chooky chooky

Epo e Chooky chooky
ay.



Sing Off

One bottle of beer two bottle of beer three bottle of beer,
Four bottle of beer, five bottle of beer, six bottle of beer, seven bottle of beer,
eight POP!

You can't put your muck in our dustbin, our dustbin, our dust
You can't put your muck in our dustbin, our dustbin's full!



A bit of Elvis – uh huh huh



Well, it's one for the money two for the show
Three to get ready now go, cat, go

But don't you step on my blue suede shoes
Well you can do anything but lay off of my blue suede shoes

Blue blue blue suede shoes

Uh Huh Huh!

Well, you can knock me down, step in my face
Slander my name all over the place
Do anything that you wanna do but uh huh honey lay offa my shoes

Blue blue blue suede shoes

Uh Huh Huh!



CHE CHE KOOLAY

Che Che Koolay

Che Che Koolay

Che Che Ko feen sa, Che che Ko Feen sa

Ko Fi So Lan ga, Ko fi so Lan ga

Che Che Ko feen sa, Che Che ko Feen sa

Kum A den de, Kum A den de

Kum A den de, Kum A den de



Happy Birthday NIPEC! Keep reaching for the stars!

So, reach for the stars climb every mountain
higher

Reach for the stars follow your heart's desire

Reach for the stars and when that rainbow's
shining over you

That's when your dreams will all come true!

