

### 3 months -18 months

<u>Age</u>	<u>Exercise #</u>	<u>Heading</u>	<u>Group/Individual</u>	<u>Exercise Type</u>	<u>Exercise Title</u>	<u>Variations</u>	<u>Charts, Graphics, and Music Included</u>	<u>Equipment, Instruments</u> <u>(Not Included)</u>
<b><u>TRACK 2 - INSTRUMENTS</u></b>								
3-18	1	T2-1A	Crystal Bowls	I	Listening	Listening to the Crystal Bowl	Tapping	Crystal Bowls, Rubber Rings,
3-18	2	T2-1B	Crystal Bowls	I	Listening	Listening to the Crystal Bowls	Ringing	Felt Wand "
<b><u>TRACK 3 - MUSIC</u></b>								
3-18	1	T3-1	Musical Perspectives	G/I	Listening	CD Listening	Music Downloads	
<b><u>TRACK 5 - EMOTIONAL EXPRESSION</u></b>								
3-18	1	T5-1	Voice Expression	Group	Guide Warmup	The Voice In the Body		
3-18	2	T5-2	Voice Expression	G/I	Listening	Toning Long Vowel Sounds	Toning Long Vowels Low and High	
3-18	3	T5-3A	Voice Expression	G/I	Listening	Toning Long Vowel Sounds at Different Pitches		
3-18	4	T5-3B	Voice Expression	G/I	Listening	Toning Long Vowel Sounds at Different Pitches	Alternating Pitches for Each Vowel	
3-18	5	T5-3C	Voice Expression	G/I	Listening	Toning Long Vowel Sounds at Different Pitches	Single Vowel Frequency Sweep	
3-18	6	T5-3D	Voice Expression	G/I	Listening	Toning Long Vowel Sounds at Different Pitches	Single Vowel Frequency and Arm Sweep	
3-18	7	T5-4	Voice Expression	G/I	Listening	All Vowel Sweep		
3-18	8	T5-5A	Voice Expression	G/I	Listening	Mirroring Sounds and Energy	Mirroring Sounds	
3-18	9	T5-5B	Voice Expression	G/I	Listening	Mirroring Sounds and Energy	Mirroring Emotions	
3-18	10	T5-5C	Voice Expression	G/I	Listening	Mirroring Sounds and Energy	Mirroring Movement and Rhythm	
3-18	11	T5-6A	Voice Expression	G/I	Listening	Sound Hug		
3-18	12	T5-6B	Voice Expression	G/I	Listening	Sound Hug	Matching Energy with Sound	
3-18	13	T5-6C	Voice Expression	G/I	Listening	Sound Hug	Transforming Sound Hug	
3-18	14	T5-7A	Voice Expression	G/I	Listening	Steady Beat Vocal Rhythms	4 Beat Rhythm	Vowel/Consonant Combinations
3-18	15	T5-7B	Voice Expression	G/I	Listening	Steady Beat Vocal Rhythms	Vowel Rhythms with Tapping on the Body	"
3-18	16	T5-7C	Voice Expression	G/I	Listening	Steady Beat Vocal Rhythms	Alternating Long and Short Vowel Rhythms	"
3-18	17	T5-7D	Voice Expression	G/I	Listening	Steady Beat Vocal Rhythms	Consonant Rhythms	"
3-18	18	T5-7E	Voice Expression	G/I	Listening	Steady Beat Vocal Rhythms	Consonant Rhythms with Tapping on the Body	"