全球银龄学院

Global Academy of Lifelong Learning

Choir and Singing Together

合唱

A self-study course in 8 lessons

自学课程，共 8 课

No auditions. All voices welcome.

无需 audition，人人都可以唱



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This course is for learning and everyday enjoyment. Singing is enjoyable, social, and good breathing practice. This course does not treat or prevent any medical condition. If singing causes pain, hoarseness lasting more than two weeks, or breathing trouble, rest your voice and see a doctor.

本课程仅供学习和日常娱乐。唱歌令人愉快、增进交往，也是很好的呼吸练习。本课程不治疗或预防任何疾病。如果唱歌引起疼痛、声音嘶哑超过两周，或呼吸困难，请让嗓子休息并去看医生。

Welcome / 欢迎

Welcome to Choir and Singing Together! This is a self-study course, so you can work through it at your own pace — one lesson a day, one a week, or all in your own rhythm. Each lesson takes about 60 minutes. Every lesson ends with a short self-graded quiz so you can check your own learning. You do not need to send your answers anywhere.

欢迎来到《合唱》！这是一门自学课程，您可以按照自己的节奏学习——每天一课、每周一课，或者完全按自己的安排。每课大约需要 60 分钟。每课末尾都有一个简短的自测小测验，帮助您检查自己的学习情况。您不需要把答案寄给任何人。

There are no auditions in this course, and there is no

such thing as a "bad voice" here. Every voice is welcome: high, low, loud, soft, steady, or shaky. You can do every activity seated, and you can sing as softly as you like. The goal is joy, not perfection.

本课程没有 audition，也没有所谓“好嗓子”或“坏嗓子”的评判。所有的声音都受欢迎：高的、低的、响亮的、轻柔的、平稳的、颤抖的，都可以。所有活动都可以坐着完成，您也可以想唱多轻就唱多轻。我们的目标是快乐，而不是完美。

You do not need any instrument, and you do not need to read music. If you can hum a tune you love, you are ready. All the songs and practice phrases in this course are either traditional public-domain tunes or short phrases written for this course, so you can sing them freely with friends and family.

您不需要任何乐器，也不需要会读乐谱。只要您能哼出一首喜欢的曲调，就已经准备好了。本课程中的所有歌曲和练习短句，不是传统的公共领域曲调，就是专为本课程编写的短句，您可以自由地和亲友一起唱。

A note about your voice / 关于嗓子的提醒： Singing should feel

comfortable. If your throat hurts, if your voice stays hoarse for more than two weeks, or if you have trouble breathing, stop, rest your voice, drink some water, and see a doctor if it does not get better. Never force a high or loud note.

唱歌应该感觉舒服。如果喉咙疼痛、声音嘶哑超过两周，或呼吸困难，请停下来，让嗓子休息，喝点水，如果没有好转就去看医生。永远不要勉强唱高音或大声唱。

Lesson 1 / 第 1 课：Why Singing Together Feels So Good: Voice, Breath, and Belonging

为什么一起唱歌感觉这么好：声音、呼吸与归属感

Goal / 本课目标： By the end of this lesson, you can name three reasons singing together feels good, breathe low and slow, and sing one song along with a recording or with friends.

学完本课，您能说出一起唱歌感觉好的三个原因，能做低而慢的呼吸，并能跟着录音或和朋友一起唱一首歌。

Your voice is an instrument you always carry / 您的声音是随身携带的乐器

Your voice is made by air from your lungs passing over two small folds in your throat, called vocal folds. When the air passes, the folds vibrate, and that vibration becomes sound. You change the sound by changing the shape of your mouth and throat. That is all there is to it — no expensive instrument, no batteries, nothing to carry. Your voice has been with you your whole life.

人的声音是这样产生的：肺里的空气经过喉咙里两片小小的声带，声带振动就成了声音。您通过改变嘴和喉咙的形状来改变声音。就这么简单——不需要昂贵的乐器，不需要电池，不需要携带任何东西。您的声音陪伴了您一生。

Breath, body, and belonging / 呼吸、身体与归属感

Singing together feels good for three simple reasons. First, singing gives your breath a slow, steady rhythm, which many people find calming. Second, singing uses your whole body — your chest, belly, face, and posture all take part, so it feels like gentle exercise. Third, and most important, singing together means belonging:

when a group sings the same song at the same time, everyone is part of one sound. You do not have to be the best singer. You only have to join in.

一起唱歌感觉好，有三个简单的原因。第一，唱歌让呼吸变得缓慢而平稳，很多人觉得这样很放松。第二，唱歌用到整个身体——胸、肚子、脸和姿势都参与其中，像一种轻柔的运动。第三，也是最重要的，一起唱歌意味着归属感：当一群人同时唱同一首歌时，每个人都是一道声音的一部分。您不需要唱得最好，只要加入进来就好。

Step by step / 一步一步来

1. Sit comfortably with your feet flat on the floor and your shoulders relaxed. / 舒服地坐好，双脚平放在地上，肩膀放松。
2. Breathe in slowly through your nose for a count of 4. Feel your belly move out gently. / 用鼻子慢慢吸气，数到 4。感觉肚子轻轻向外鼓起。
3. Breathe out slowly on a soft "ah" sound for a count of 6. / 慢慢呼气，同时发出轻柔的“啊”声，数到 6。
4. Repeat three times, then hum your favorite tune for one minute, as softly as you like. / 重复三次，然后用自己喜欢的音量轻轻哼一分钟最喜欢的曲调。

Try this / 试一试： Put on a recording of a song you love. First just listen. Then hum along. Then, when you feel ready, sing along with the words — softly, seated, and smiling. Notice how your breathing slows down as you sing.

播放一首您喜欢的歌。先听，然后跟着哼，等准备好了，再跟着唱词一起唱——坐着、轻声、面带微笑。留意唱歌时您的呼吸是怎样慢下来的 。

Check yourself / 自我检查 — Quiz 1

1.What makes the sound of your voice? (a) Your nose (b) Air passing over vibrating vocal folds (c) Your ears

2.True or false: Singing together can help you feel part of a group.

3.Which is a good way to begin singing? (a) Singing as loudly as possible (b) Humming softly along with a song you love (c) Holding your breath

4.True or false: You need to read music to enjoy this course.

5.What should you do if singing hurts your throat? (a) Sing louder (b) Stop, rest your voice, and see a doctor if it does not get better (c) Keep going until it stops hurting

> **Answers / 答案：** 1. (b)　2. True / 对　3. (b)　4. False / 错
>
> 5. (b)

Lesson 2 / 第 2 课：Breathing for Singing: Low, Slow, and Supported

唱歌的呼吸：低、慢、有支撑

> **Goal / 本课目标：** By the end of this lesson, you can breathe low into your belly, breathe out slowly on a steady sound, and explain what "supported" breath means in plain words.
>
> 学完本课，您能向肚子做低位呼吸，能用平稳的声音慢慢呼气，并能用简单的话解释什么叫“有支撑”的呼吸。

Low breathing / 低位呼吸

Good singing breath is low and quiet. Under your ribs sits a big breathing muscle called the diaphragm. When you breathe in deeply, it moves down, and your belly moves out gently. Many people breathe high into their chests, with their shoulders rising. That kind of breath is short and tight. For singing, we want the opposite: shoulders still, belly soft and moving.

好的唱歌呼吸是低而安静的。肋骨下面有一块大的呼吸肌肉，叫横膈膜。深吸气时，它向下移动，肚子轻轻向外鼓起。很多人用胸部高位呼吸，肩膀会抬起来。那种呼吸又短又紧。唱歌时我们要相反的做法：肩膀不动，肚子柔软地起伏。

Slow, supported breath out / 缓慢、有支撑的呼气

"Supported" breath simply means the air comes out steadily, not all at once. Think of letting air out of a balloon slowly through a tiny opening, instead of popping it. When your breath is steady, your voice is steady too, and you can sing a whole phrase without running out of air.

“有支撑”的呼吸，意思就是气息平稳地出来，而不是一下子全跑光。想象一下，让气球里的气通过一个小口慢慢放出来，而不是一下子爆开。气息平稳，声音也就平稳，您就能一口气唱完一整句而不喘不过气。

Step by step / 一步一步来

1. Place one hand on your belly. Breathe in through your nose for 4 counts. Feel your hand move out. / 把一只手放在肚子上。用鼻子吸气，数 4 下。感觉手被

轻轻顶出来。

2. Breathe out on a soft "sss" sound for 8 counts. Keep the sound steady, like air escaping slowly from a tire. / 发出轻柔的“嘶”声呼气，数 8 下。保持声音平稳，就像轮胎慢慢漏气一样。
3. Now breathe out on "ah" for 8 counts, keeping the same steady feeling. / 现在发“啊”声呼气，数 8 下，保持同样的平稳感觉。
4. Rest, then repeat the whole cycle three times. / 休息一下，然后把整个循环重复三次。

> **Try this / 试一试：** Sing one long, comfortable note on "loo" for as long as your breath lasts — no pushing, no rush. Count how many seconds it lasts. Try again tomorrow and see if it grows a little. Write your number here: _____ seconds.
> 用“噜”唱一个舒服的长音，一直唱到气息用完——不要勉强，不要着急。数一数持续了多少秒。明天再试一次，看看有没有长一点。把秒数写在这里：_____ 秒。

Check yourself / 自我检查 — Quiz 2

1. Where should singing breath go? (a) High into the chest, shoulders rising (b) Low into the belly, shoulders still (c) Only

into the throat

2.True or false: "Supported" breath means the air comes out steadily, not all at once.

3.Which practice helps steady breath? (a) Breathing out on "sss" for 8 counts (b) Holding your breath for one minute (c) Breathing as fast as you can

4.True or false: If you run out of air mid-phrase, you should push harder and louder.

5.What is a good daily practice? (a) One loud high note (b) A comfortable long "loo" note, counted in seconds (c) Singing without breathing at all

Answers / 答案： 1. (b) 2. True / 对 3. (a) 4. False / 错 5. (b)

Lesson 3 / 第 3 课：Warming Up Your Voice Safely

安全地开嗓热身

> **Goal / 本课目标：** By the end of this lesson, you can lead yourself through a 10-minute gentle warm-up, and you know the warning signs that mean "stop and rest."
>
> 学完本课，您能自己完成 10 分钟的轻柔热身，并知道哪些信号表示“停下来休息”。

Why warm up? / 为什么要热身?

Athletes warm up before running, and singers warm up before singing. Warming up wakes the breathing muscles, loosens the face and jaw, and lets your voice find its comfortable range little by little. A good warm-up is gentle: nothing should hurt, strain, or feel forced. Think of it as stretching, not testing.

运动员跑步前要热身，唱歌前也要热身。热身可以唤醒呼吸肌肉，放松脸部和下巴，让声音一点一点找到舒服的音域。好的热身是轻柔的：什么都不应该疼痛、吃力或勉强。把它想成拉伸，而不是考试。

Step by step: a 10-minute warm-up / 一步一步来：10 分钟热身

1. **Shoulders and neck (2 minutes):** Roll your shoulders slowly, five times forward and five times back. Turn your head gently left and right. / **肩膀和脖子（2 分钟）：** 慢慢转动肩膀，向前五次，向后五次。轻轻地左右转头。
2. **Lip trills (2 minutes):** Blow air through loosely closed lips so they flutter, like a horse sound: "brrr." Slide the sound gently up and down. / **打嘟噜（2 分钟）：** 让气流通过放松闭合的嘴唇，使嘴唇颤动，像马叫声：“嘟噜噜”。让声音轻轻地上下滑动。
3. **Humming sirens (2 minutes):** Hum "mmm" and slide from a low note to a comfortable high note and back down, like a faraway siren. Never push to the very top. / **哼鸣滑音（2 分钟）：** 哼“嗯”，从低音滑到舒服的高音再滑回来，像远处的警笛声。永远不要勉强冲到最高音。
4. **Easy scales on "loo" (2 minutes):** Sing five notes up and down — do, re, mi, fa, sol, fa, mi, re, do — on "loo," softly, in a comfortable range. / **用“噜”唱音阶（2 分钟）：** 轻声唱五个音上行再下行——哆、来、

咪、发、索、发、咪、来、哆，用“噜”唱，在舒服的音域里。

5. **Shake it out (2 minutes):** Shake your hands, relax your jaw with a wide yawn, and sip some water. Your voice is ready. / **放松收尾（2 分钟）：**甩甩手，打个大哈欠放松下巴，喝口水。您的嗓子准备好了。

> **Try this / 试一试：** Do the full 10-minute warm-up, then sing the first line of any song you love. Notice: does your voice feel easier than before the warm-up? Write one word for how it feels: _____.
>
> 做完完整的 10 分钟热身，然后唱一首喜欢的歌的第一句。留意一下：您的声音是不是比热身前更轻松了？用一个词写下感觉：_____。

Check yourself / 自我检查 — Quiz 3

1. What is a warm-up for? (a) Testing how high you can sing (b) Gently waking the breathing muscles and finding a comfortable range (c) Singing loudly for 10 minutes

2. True or false: A lip trill is blowing air through loosely closed lips so they flutter.

3.If your throat hurts during a warm-up, you should: (a) Push through it (b) Stop, rest, and drink water (c) Sing higher

4.Which order is right? (a) Hard high notes first, then gentle sounds (b) Gentle sounds first, building slowly (c) No warm-up at all

5.True or false: A yawn helps relax the jaw before singing.

Answers / 答案： 1. (b) 2. True / 对 3. (b) 4. (b) 5. True / 对

Lesson 4 / 第 4 课：Finding Your Pitch and Singing in Tune

找到音高，唱准音调

Goal / 本课目标： By the end of this lesson, you can listen to a note, sing it back, and check yourself with a simple echo game — and you know that "singing in tune" is a skill that grows with practice, not a talent you are born with or without.

学完本课，您能听一个音并把它唱回来，能用简单的回声游戏自我检查，并且知道“唱准”是一种通过练习增长的技能，而不是天生的才能。

Listen first, then sing / 先听，后唱

Singing in tune starts with listening, not with your throat. Before you sing a note, hear it in your mind first. This is called "inner hearing," and every singer uses it, from beginners to professionals. If you can hear that two notes are different, you can learn to match them. The voice follows the ear.

唱准音调首先靠听，而不是靠嗓子。唱一个音之前，先在心里听到它。这叫“内心听觉”，从初学者到专业歌手，人人都会用它。如果您能听出两个音不一样，就能学会跟上它们。声音跟着耳朵走。

Step by step: the echo game / 一步一步来：回声游戏

1. Ask a friend to play or sing one comfortable note, or play one note on a piano app. Listen carefully. / 请朋友弹或唱一个舒服的音，或者用钢琴应用弹一个音。仔细听。
2. Hum the note back. Do not worry about the word — humming is enough. / 把这个音哼回来。不用在意歌词——哼出来就够了。
3. Ask: did my note match? If it felt higher, slide down

a little. If lower, slide up a little. Small slides are how singers adjust. / 问问自己：我的音对上了吗？如果感觉偏高，就往下滑一点；如果偏低，就往上滑一点。小幅滑动就是歌手调整的方法。

4. Try three notes in a row, one at a time, and then a tiny tune of three notes. Celebrate every match. / 一次试三个音，一个一个来，然后试一小段三个音的旋律。每对上一次都值得庆祝。

> **Try this / 试一试：** Use this original practice phrase, sung to any three comfortable notes: "Good morning, friends, let's sing" / “早上好，朋友们，一起唱”。Sing it, then sing it one note higher, then one note lower. Which version feels most comfortable? That is your home range for today.
> 用下面这句原创练习短句，配上任意三个舒服的音来唱：“早上好，朋友们，一起唱”。先唱一遍，然后升高一个音再唱，再降低一个音唱。哪一版感觉最舒服？那就是您今天的舒适音域。

Check yourself / 自我检查 — Quiz 4

1.What comes first when singing in tune? (a) Singing loudly (b) Listening and hearing the note in your mind (c) Reading the lyrics

2.True or false: Singing in tune is a skill that grows with practice.

3.If your note feels higher than the target note, you should: (a) Slide down a little (b) Sing louder (c) Stop singing forever

4.Which is a good first practice? (a) A difficult song with many jumps (b) Echoing one comfortable note at a time (c) Singing as fast as possible

5.True or false: Humming counts as real singing practice.

Answers / 答案： 1. (b) 2. True / 对 3. (a) 4. (b) 5. True / 对

Lesson 5 / 第 5 课：Rhythm and Keeping Together

节奏与齐心合唱

Goal / 本课目标： By the end of this lesson, you can clap a steady beat, sing a song while keeping the beat, and follow a leader's starting signal.

学完本课，您能拍出稳定的节拍，能一边保持节拍一边唱歌，并能跟随

> 领唱的起唱信号。

The beat is the heartbeat of the song / 节拍是歌曲的心跳

Every song has a steady beat underneath it, like a heartbeat. When a group shares the same beat, the voices land together and the song feels strong. You do not need to count complicated rhythms. If you can tap your foot to a song, you can feel its beat. The beat is usually the part your foot wants to tap.

每首歌下面都有一个稳定的节拍，就像心跳一样。当一群人共享同一个节拍时，声音就落在了一起，歌曲听起来很有力量。您不需要数复杂的节奏。如果您能跟着歌曲打拍子，就能感受到它的节拍。节拍通常就是您的脚想跟着打拍子的那个部分。

Step by step / 一步一步来

1. Play a song with a clear, steady beat. Tap your foot or clap softly on each beat. / 播放一首节拍清晰稳定的歌。用脚打拍子或轻声拍手，每拍一下。
2. Count the beats in groups: 1-2-3-4, 1-2-3-4. Most

songs you love are in groups of 4 or 3. / 把节拍分组数：1-2-3-4，1-2-3-4。您喜欢的大多数歌都是四拍或三拍一组。

3. Now hum the song while you keep tapping. Then sing the words while you keep tapping. If you lose the beat, just listen for one bar and join in again — nobody minds. / 现在边打拍子边哼这首歌。然后边打拍子边唱歌词。如果丢了节拍，只要听一小节再加入进来就好——没有人在意。
4. Practice starting together: one person counts "1, 2, ready, sing!" and everyone begins on the next beat. / 练习一起起唱：一个人喊“1、2、预备，唱！”大家在下一个节拍一起开始。

> **Try this / 试一试：** Sing the traditional round "Row, Row, Row Your Boat" while clapping the beat — first alone, then with a friend. (This old song is in the public domain, so you may sing it freely.) Try it slowly, then at a comfortable middle speed. Which speed helped you stay together best?
>
> 一边拍着节拍，一边唱传统轮唱曲《划呀划呀划小船》——先自己唱，再和朋友一起唱。（这是一首古老的公共领域歌曲，可以自由演唱。）先慢慢唱，再用舒服的中速唱。哪种速度最能帮助你们保持一致？

Check yourself / 自我检查 — Quiz 5

1.What is the beat of a song? (a) The loudest word (b) The steady pulse underneath, like a heartbeat (c) The last note

2.True or false: If you lose the beat, you can listen for one bar and join in again.

3.Most songs you love are grouped in beats of: (a) 4 or 3 (b) 11 or 13 (c) 1

4.What is a good starting signal for a group? (a) Everyone starting whenever they like (b) One person counting "1, 2, ready, sing!" (c) No signal at all

5.True or false: Tapping your foot is a real way to feel the beat.

Answers / 答案： 1. (b)　2. True / 对　3. (a)　4. (b)　5. True / 对

Lesson 6 / 第 6 课：Singing in Harmony: Rounds, Parts, and Blending

唱和声：轮唱、声部与融合

> **Goal / 本课目标：** By the end of this lesson, you can sing a round with at least one other person, hold a simple second part, and blend your voice with your neighbors instead of singing over them.
>
> 学完本课，您能至少和一个人一起唱一首轮唱曲，能守住一个简单的第二声部，并能让自己的声音和邻座融合，而不是压过别人。

What is harmony? / 什么是和声?

Harmony means different notes sung at the same time that sound good together. The easiest harmony is a round: everyone sings the same tune, but each group starts a little later, so the tune overlaps itself and sounds rich. A second kind is parts: one group sings the main tune while another group sings a simpler line of notes underneath it. Both are easier than they sound, because the tune itself does most of the work.

和声是指同时唱出的、听起来和谐的不同音符。最简单的和声是轮唱：大家唱同一首曲调，但每组晚一点开始，于是曲

调自己和自己重叠，听起来很丰富。第二种是分声部：一组唱主旋律，另一组在下面唱一条更简单的音线。两者都比听起来容易，因为曲调本身已经完成了大部分工作。

Step by step: singing a round / 一步一步来：唱轮唱曲

1. Learn the tune alone first, until you can sing it without thinking. Use "Row, Row, Row Your Boat" or the traditional "Frère Jacques." / 先自己学会曲调，直到不用想就能唱出来。用《划呀划呀划小船》或传统歌曲《雅克兄弟》。
2. Group One starts singing. When Group One reaches the second line, Group Two starts from the beginning. / 第一组先开始唱。第一组唱到第二句时，第二组从头开始。
3. Listen to your own group and to the other group at the same time — soft listening, soft singing. Blending means matching your neighbors' volume, not outsinging them. / 同时听自己组和另一组的声音——轻声听，轻声唱。融合就是让自己的音量和邻座相当，而不是压过别人。
4. Try a simple second part: while one group holds one steady low note, the other group sings the

tune. Swap roles and try again. / 试一个简单的第二声部：一组持续唱一个平稳的低音，另一组唱曲调。交换角色再试一次。

Try this / 试一试： Sing a round with a recording: start the tune, then start it again a few seconds later while the first one is still going in your head. If you have a friend or family member nearby, try it together — one starts, the other joins in on the second line. Laughing is allowed and encouraged.

跟着录音唱轮唱曲：先唱起曲调，几秒钟后在心里第一个旋律还在进行时，再从头唱一遍。如果身边有朋友或家人，就一起试——一个人先起，另一个人在第二句时加入。笑出声来是被允许的，而且值得鼓励。

Check yourself / 自我检查 — Quiz 6

1.What is a round? (a) A song sung very fast (b) Everyone singing the same tune, each group starting a little later (c) A song with no melody

2.True or false: Blending means matching your neighbors' volume, not outsinging them.

3.What should you learn first before a round? (a) The tune

alone, until you can sing it without thinking (b) A difficult harmony (c) Nothing — just start

4.Which is a good second-part practice? (a) One group holding a steady low note while the other sings the tune (b) Everyone singing different songs (c) Everyone singing as loudly as possible

5.True or false: Rounds are harder than they sound and only trained choirs can sing them.

Answers / 答案： 1. (b) 2. True / 对 3. (a) 4. (a) 5. False / 错

Lesson 7 / 第 7 课：Learning a Song Step by Step

一步一步学一首歌

Goal / 本课目标： By the end of this lesson, you can learn a new song in four clear steps — listen, rhythm, melody, words — and make a one-week practice plan for it.

学完本课，您能用四个清晰的步骤学一首新歌——听、节奏、旋律、歌词，并为它制定一周的练习计划。

The four steps / 四个步骤

New songs feel hard only when we try to learn everything at once. Split the job into four small steps, and each step is easy. First, listen to the whole song three times, doing nothing else — just enjoy it. Second, speak the words in rhythm, like talking in time, without singing. Third, sing the melody on "la," without worrying about the words. Fourth, put the words and melody together, one line at a time. If one line is tricky, repeat just that line five times, slowly, and then move on.

新歌之所以感觉难，只是因为我们想一次学会所有东西。把任务拆成四个小步骤，每一步就都很容易。第一，完整地听三遍，什么都不做——只是享受。第二，按节奏念歌词，像卡着节拍说话，不唱。第三，用“啦”唱旋律，不用管歌词。第四，把歌词和旋律合起来，一句一句来。如果哪一句难，就慢慢地只重复那一句五遍，然后继续。

Our practice song: a famous tune / 我们的练习曲：一首著名的曲调

For this lesson we use the melody of "Ode to Joy," written by Beethoven in 1824 — a public-domain tune

known all over the world. Its first line moves in simple steps: mi, mi, fa, sol, sol, fa, mi, re, do, do, re, mi, mi, re, re. Sing it on "la" first, slowly. Then add this short original practice line, written for this course to fit the tune: "Sing with friends, sing with joy, everyone can sing." Sing the line, then the next, and soon you will know the whole tune.

本课我们用贝多芬 1824 年创作的《欢乐颂》旋律——一首世界闻名的公共领域曲调。它的第一句是简单的级进：咪、咪、发、索、索、发、咪、来、哆、哆、来、咪、咪、来、来。先慢慢用“啦”唱。然后加上这句专为本课程编写的、配得上这首曲调的原创练习句：“和朋友一起唱，欢乐地唱，人人都能唱。”一句一句唱，很快您就学会整首曲调了。

Step by step: a one-week plan / 一步一步来：一周计划

1. Day 1: Listen three times. / 第 1 天：听三遍。
2. Day 2: Speak the words in rhythm. / 第 2 天：按节奏念歌词。
3. Day 3: Sing the melody on "la." / 第 3 天：用“啦”唱旋律。
4. Day 4: Put words and melody together, line by

line. / 第 4 天：把歌词和旋律合起来，一句一句来。

5. Day 5–7: Sing the whole song once a day, softly and happily. / 第 5–7 天：每天完整地唱一遍，轻声、开心地唱。

Try this / 试一试： Pick any song you have always wanted to learn. Write its name here: _____. Now apply the four steps this week, one step per day, and note which step felt easiest: _____.

选一首您一直想学的歌。把歌名写在这里：_____。这周每天用一个步骤，并记下哪一步感觉最容易：_____。

Check yourself / 自我检查 — Quiz 7

1. What are the four steps for learning a song? (a) Listen, rhythm, melody, words (b) Shout, rush, skip, forget (c) Words, words, words

2. True or false: Speaking the words in rhythm, without singing, is a useful step.

3. If one line is tricky, you should: (a) Give up the whole song (b) Repeat just that line five times, slowly (c) Sing it faster

4."Ode to Joy" was written by Beethoven in 1824 and is: (a) Still under copyright, so we cannot sing it (b) A public-domain tune you may sing freely (c) A secret song

5.True or false: A one-week plan with one step per day is a good way to learn a song.

Answers / 答案： 1. (a)　2. True / 对　3. (b)　4. (b)　5. True / 对

Lesson 8 / 第 8 课：Starting Your Own Singing Group and Sharing a Performance

成立自己的歌唱小组并分享演出

Goal / 本课目标： By the end of this lesson, you can name the five simple ingredients of a singing group, invite two people to sing with you, and plan a small, relaxed first sharing.

学完本课，您能说出歌唱小组的五个简单要素，能邀请两个人一起唱，并能策划一次轻松的小型分享。

Five simple ingredients / 五个简单要素

A singing group does not need a conductor, a stage, or a budget. It needs five simple things. One: two or more people who like to sing — even two people is a choir. Two: a regular time, such as Tuesday mornings. Three: a comfortable place with chairs, water, and room to sit in a circle. Four: a few songs everyone enjoys, starting with the easy ones from this course. Five: one simple job each — for example, one person picks the songs, one keeps the time, and one brings the printed words.

歌唱小组不需要指挥、舞台或预算，只需要五样简单的东西。一：两个或更多喜欢唱歌的人——即使两个人也算一个合唱团。二：固定的时间，比如周二上午。三：一个舒服的地方，有椅子、水，可以围坐成一圈。四：几首大家都喜欢的歌，从本课程里简单的歌开始。五：每人一个简单的分工——比如一人选歌，一人掌握时间，一人带印好的歌词。

Sharing, not performing / 分享，而不是演出

Your first sharing does not need to be a concert. Sing three songs for family in a living room, or for friends in a community room. Keep it short — fifteen minutes is

plenty. Print the words in large type so everyone can follow. Sit down, sing softly, smile, and clap for each other. The audience is not judging you; they are glad you sang.

第一次分享不需要是正式音乐会。在客厅为家人唱三首歌，或者在活动室为朋友唱三首歌，就足够了。保持简短——十五分钟就很好了。用大号字体印出歌词，让每个人都能跟上。坐下来，轻声唱，微笑着，互相鼓掌。听众不是来评判您的；他们很高兴您唱了歌。

Step by step: your first month / 一步一步来：第一个月

1. Week 1: Invite two people. Pick a time and a place. / 第 1 周：邀请两个人。定一个时间和地点。
2. Week 2: Warm up together (Lesson 3), then sing two easy songs. / 第 2 周：一起热身（第 3 课），然后唱两首简单的歌。
3. Week 3: Try a round (Lesson 6) and learn one new song in four steps (Lesson 7). / 第 3 周：试一首轮唱曲（第 6 课），并用四个步骤学一首新歌（第 7 课）。
4. Week 4: Share three songs with family or friends. Celebrate with tea and applause. / 第 4 周：为家人

或朋友唱三首歌。用茶水和掌声庆祝。

Try this / 试一试： Write down two people you would like to invite: 1. _____ 2. _____. Write your first meeting time: _____. Now you have a singing group — congratulations!

写下您想邀请的两个人：1. _____ 2. _____。写下第一次见面的时间：_____。现在，您已经有了一个歌唱小组——恭喜！

Check yourself / 自我检查 — Quiz 8

1.How many people do you need to start a singing group? (a) At least fifty (b) Two or more (c) Only professional singers

2.True or false: A good first sharing can be just three songs in a living room.

3.Which is a good simple job in a group? (a) One person picks songs, one keeps time, one brings printed words (b) One person does everything (c) Nobody has any job

4.Printing words in large type helps because: (a) It looks fancy (b) Everyone can follow along easily (c) It makes singing

> louder

> 5.True or false: The goal of sharing is joy and togetherness, not perfection.

> **Answers / 答案：** 1. (b) 2. True / 对 3. (a) 4. (b) 5. True / 对

Closing / 结尾：My Progress Checklist / 我的进度清单

Congratulations! You have finished all 8 lessons of Choir and Singing Together. Check off each lesson you completed, and keep this page as a record of your singing journey.

恭喜！您已经完成了《合唱》的全部 8 课。勾选您已完成的每一课，并把这一页作为您歌唱旅程的记录保存下来。

☐ Lesson 1: Why Singing Together Feels So Good / 第 1 课：为什么一起唱歌感觉这么好

☐ Lesson 2: Breathing for Singing / 第 2 课：唱歌的呼吸

☐ Lesson 3: Warming Up Your Voice Safely / 第 3 课：安全地开嗓热身

☐ Lesson 4: Finding Your Pitch and Singing in Tune / 第 4 课：找到音高，唱准音调

☐ Lesson 5: Rhythm and Keeping Together / 第 5 课：节奏与齐心合唱

☐ Lesson 6: Singing in Harmony / 第 6 课：唱和声

☐ Lesson 7: Learning a Song Step by Step / 第 7 课：一步一步学一首歌

☐ Lesson 8: Starting Your Own Singing Group / 第 8 课：成立自己的歌唱小组

My Singing Group Plan / 我的歌唱小组计划

People I will invite: _____ Our meeting time: _____ Our first three songs: _____

我要邀请的人：_____ 见面时间：_____

_____ 前三首歌：_____

Remember / 请记住： Singing should always feel comfortable. If singing causes pain, hoarseness lasting more than two weeks, or breathing trouble, rest your voice and see a doctor. Keep singing gently, keep singing together, and keep enjoying it.

唱歌应该始终感觉舒服。如果唱歌引起疼痛、声音嘶哑超过两周，或呼吸困难，请让嗓子休息并去看医生。继续轻柔地唱，继续一起唱，继续享受唱歌。