

# Posture Chant

Director Copy (do not give students a copy)

Teach the students that when the director starts to say this chant at any time during rehearsal they can join in along the way and by the end everyone should be sitting with correct posture and say the HUH part together.

This can be done at any time during class - no metronome or preparation required. Just start saying it and the kids should automatically fix posture.



Feet Flat, Back Straight, Heiny on the Hump HUH!

or



Feet Flat, Back Straight, Heiny on the Edge HUH!

The heiny (not sure how to spell that...) on the hump/heiny on the edge means they should be sitting on the front few inches of the chair. If they have a chair with a hump on the front you can use the first version, if it is a flat chair you can use the second version. Some instruments, such as bassoon, can be told to ignore that part and just be sure they are sitting up completely straight.

Do not have them make a motion on the HUH! (as we had recommended on the Lines/Spaces chant) because they will have instruments in their hands for this chant most of the time.