



Tonic Sol-Fa Hand signs



Explore • Develop • Find your sound



A simple warm-up to wake up your voice,
explore your vowels and improve your pitch!

Small
Changes
Make a
Big
Difference

Hand signs help us see the music, feel
the pitch and remember the notes!

DO	RE	MI	FA	SOL	LA	TI	DO
1	2	3	4	5	6	7	8
Home (steady and strong)	Reach (moving up)	Bright Ready and bright)	Steady (a little step down)	Shine (feeling good)	Lift (reaching higher)	Lead (Almost there)	Home (higher and stronger)

Try it!

- 1 Look at the hand sign
- 2 Say the sol-fa name
- 3 Make the hand sign
- 4 Sing the note
- 5 Practice slowly, then try faster

Top tips!

- ✓ Keep your hand signs clear & at a comfortable height
- ✓ Stand tall with good posture
- ✓ Use a relaxed voice
- ✓ Listen to the pitch
- ✓ Try singing up & down the scale with your hand signs
- ✓ Listen to the pitch

Challenge!

- ♥ Can you sing the scale up and down with the hand signs?
- ♥ Can you do it without looking?
- ♥ Can you make the sound clear and in tune?
- ♥ Can you try it a little faster?