



# LD BIG HEALTH WEEK 'BE OPEN, LET'S SING!' WORKSHOP

Wednesday 4th November 4.45 - 5.30pm

led by voice tutor and music workshop leader  
**Angela Luzi**

A fun session on the song 'Be Open' by Debbie Nargi-Brown.

- Participants were encouraged to bring any percussive instruments or make one by getting a jar or plastic bottle and putting some rice inside
- We looked at waking up the body, warming up the voice, make some rhythm and sing together a simple melody.
- Viewed an online performance of the 'Be Open' song.

## 'BE OPEN' lyrics

**BE OPEN**

**FOR SOMETHING WONDERFUL TO HAPPEN**

**BE OPEN**

**TO THE POSSIBILITY**

**AYEY AYEY AYEY**

**AYEY AYEY AYEY**

You can view the song on You Tube

<https://www.youtube.com/watch?v=Hweu4n14lw4>

# Signs for the song 'Be Open'

'BE OPEN' by Debbie Nargi-Brown:

**BE OPEN**



Created by Angelina Luzi  
from Be Open Project

**FOR SOMETHING  
WONDERFUL  
TO HAPPEN**



Created by Christa Lindholm  
from Be Open Project

**BE OPEN**



Created by Angelina Luzi  
from Be Open Project

**TO THE POSSIBILITY  
(X2)**



Created by Janet Steinhilber  
from Be Open Project

**AYEY AYEY AYEY**

**AYEY AYEY AYEY (X2)**

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