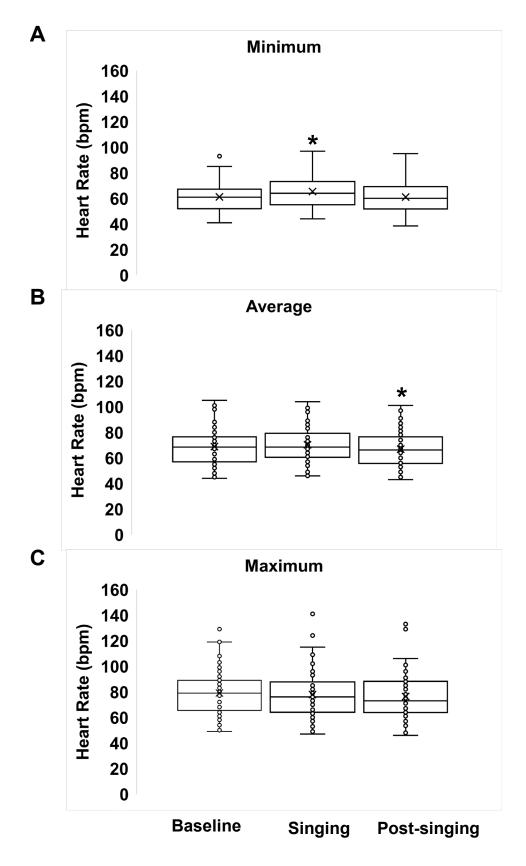
Numerical Rating	Effort	Examples
1	Very little	Talking and/or not following lyrics
2	Light	Singing some lyrics and/or singing with a quiet voice
3	Some	Singing and hitting most of the lyrics with singing or humming
4	Moderate	Singing lyrics throughout entire video
5	Maximal	Singing loudly, very focused, and following all lyrics well

## Supplementary Table 1. Observed singing effort rating



Supplementary Figure 1. Heart rate patterns before, during, and after singing