Singing there should really just feel like pitched speaking. Gentle, casual, impassive.

Ad lib text using numbers 1-7, occasionally repeating, sequencing, or skipping.

Generally keep the quarter notes constant, but it's ok to occasionally have rests.

The lyrics & rests here are just examples of what one could do. No need to read exactly. Just riff. (And take care of yourself these days.)
* Should almost be rolled. A full, round pizzicato. Not whipped quickly.