


JANUARY

FEBRUARY

MARCH

APRIL

MAY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							
Week 13							
Week 14							
Week 15							
Week 16							

PRACTICE CHALLENGE

SPRING 2024

FOCUS/ TOP PIECES:



PRACTICE TIPS

Lessons do not count as practice. :)

Practice smart

- know your focus before you play
- quality over quantity
- take the time to listen to yourself
 - notes in tune, clean transitions and tone
 - record yourself and listen back
- sacred time and space free from distractions
 - set a timer with scheduled breaks
- general practice should have these 3 elements:
 1. warm up & review songs- check position/ technique/ intonation on drills or scales & review older songs; try to play from memory
 2. current/ polishing songs - final touches, tricky sections, dynamics, bowing, phrasing
 3. new song - listening, song form, adding new parts to song
- It's ok if practice is unavoidably cut short and you only had time to do one of these, or even just listening to the recording. It's much better than not practicing at all.

Parents lead by example

- if music is important to you, your kids know it
- emulate the patience and discipline you want to see from your kids
- request songs: ask to hear a review/polishing/current piece while you are doing dishes/ working on the computer
- children want to mimic adults; learn to play and listen a lot (have your kid give you a lesson)
- request mini performances at the end of a practice session or for friends & family, face-timing grandparents, etc.
- keep instrument in a visible place; make it convenient to play; consistent productive practice space
- Play their recordings, CDs & other quality music often. The natural progression is playing by ear first then reading.
- attend concerts, recitals, music camps and jams, it's great inspiration to see pros and also play with others their own age

Practice is difficult, younger students need support

- small rewards and acknowledgements of hard work really help
- main point is simply to keep kids playing, practicing and moving forward until they have the internal motivation to set goals and reach them on their own

