D4eName:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Week:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Group:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Homeroom:\_\_\_\_\_\_\_\_\_\_\_

Assignment:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date & Time | Minutes | What do I want to accomplish? | What improved? | What still needs work? |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Before You Practice**  
  
Identify a small goal to work on during your practice session. The more specific the better. Select a small number of measures to work on, usually 1 - 4.  
  
**Steps for Mindful Practice**  
  
1)   Clap & Count the Rhythm  
  
a.     Count the subdivision while clapping the rhythm.  
  
b.     Labeling the counts can be helpful when learning an unfamiliar rhythm  
  
2)   Sing the Note Names  
  
a.     This step will help you learn the song without having to worry about the process of playing it on your instrument.  
  
3)   Sing the Finger Numbers  
  
a.     Move your fingers on your instrument while you sing  
  
b.     Only use your left hand, do not pluck or bow  
  
4)   Play pizzicato  
  
a.     This step will teach your left hand what to do  
  
b.     Check to make sure you have good left hand technique (using the correct finger/sinking into string)  
  
c.      Match what you are playing pizzicato with what you have sung  
  
5)   Shadow Bow/Open Strings  
  
a.     This step will teach your right hand what to do  
  
b.     Place the bow in your elbow or underneath the strings and practice moving the correct part of the bow in the right direction  
  
c.      Check to make sure you have a good right hand technique (bow hold/bowstroke)  
  
d.     Match what you are playing with the rhythm you have clapped

e. Play the open strings the notes are on

f. Plan out bow distribution

6)   Arco  
  
a.     Play as written with both right and left hands together  
  
b.     Identify Goal Tempo, and practice 50 bpm slower  
  
c.      Play selection 5 times in a row perfectly, then increase tempo by 10 bpm  
  
d.     Repeat step C until goal tempo is reached

**Keep it Interesting!**

-Record Yourself

-Learn a section starting with the last note adding to the beginning

-Have a practice party!

-Give a “Stuffed Animal Concert”!