

## Practice Instructions for 1.1.3 "What's for dinner?"

*What's in your recipe? What how long are each of the notes in your song?*

**Set the table:** Gather all your practicing tools and tune your instrument. When you are done, tell your mom (or other family helper) you are ready. Then recite this quote together:

**"Whether you think you can, or whether you think you can't, you're right!"**

### **Grow the food:**

- This time, sing and sign your ascending and descending Solfa scales slowly (half notes) and then double time (quarter notes), 5x each. Use a metronome to set the speed (tempo) for your half notes. Be sure to start with a tempo that is slow enough for you so that you can sign without mistakes. Move the tempo up 2 bpm per day for 5 days so you increase 10 bpm over the week.
- Sing the new song, "I Am Like an Apple Seed" one time through daily.
- Write down (on the back of this page) **the rhythm** for the **first line only** of these songs (one song per day): Making Music Makes Me Smile, BINGO, Let's Go Build a Snowman, ABC Song, Mary Had a Little Lamb. Earn an extra smile if you do a whole song! 3 extra smiles if you write your own song AND include the rhythm.

### **Prepare the food:**

1. Warm up each day by plucking and singing the name of each string, forward and back (violins: E-A-D-G-G-D-A-E; violas and cellos: C-G-D-A, A-D-G-C). Violins: Be sure your thumb in "hanging on" to the rib/waist or fingerboard of your violin and that you pluck over the fingerboard, not where you bow!
2. Pluck (on D string) *d d d d d d d d*. 5x. Cellos:
3. Play (**arco**, which means playing on the string after plucking) open D 8x (*d d d d d d d d*).
4. Play open D, then place 1st finger (on A) and play, lift 1st finger and play, place 1st finger and play. Repeat 50x/day (*d r = 1x*). (If this is too much at first, begin at 10x/day, then 20x, then 30x, then 40x, and then 50x, so that by the end of the week you stay at 50x/day.
5. Other:

Sing and sign both "Making Music Makes Me Smile" and "I Am Like an Apple Seed" each day. Be able to sing them in Solfa at at least 70 bpm and 40 bpm respectively.

**Share the food:** Sing a song or play something for a friend or family member today, or teach them the song and invite them to sing it with you. (**One** of the days this needs to be for someone else besides your family helper, if possible.)

**Express thanks:** Tell each other something good you each did to help practice music today. Give a hug or a high five!

**Clean up:** Put your instrument away very carefully. Then mark your practice page to show what you did today during your practice time! Good work!

*Note to parents:* Please pick the number of minutes YOU feel would be appropriate for your child. If your child has a question or concern, they should ask you what they should do. You can text me to ask, but you have the final say on practicing on time, repetitions, etc., because you know your child best.

**# of extra smiles earned   what you did to earn them**

**Notes from family helper:**