

Practice Instructions for 1.1.4 What's for dinner? Week 2

Set the table: Get your tools out. Tune your instrument. Then recite this poem with your mom (or other family helper):

For the toughest kind of a game you'll find
Is to make your body obey your mind.
(From "On Quitting" by Edgar A. Guest)

Grow the food: Do your ascending and descending Solfa scales slowly and then double time, like last week. Begin at the **same** speed you began at last week and increase 2 bpm/day again. This time, ask yourself how you can improve. Are you exactly on beat with the metronome? Listen carefully to yourself: are you right on pitch? Watch your hands in a mirror. Could you sharpen your hand signs? Could you make a video that we could upload onto the website? After your scales, pick a different song each day from the list and figure out the Solfa for the **second** line of that song. Check yourself with the "answer" page.

Prepare the food: 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 60 bpm minimum.

Then warm up on your instrument by plucking and singing the name of each string and then playing *do* ("short, short" bowing) on all four strings (8x per string, starting on G and then moving to D, playing 8, then A, 8, then E, 8, then back). Then do the following:

1. Pick one line of "I Am Like an Apple Seed" and pluck the notes while singing them. Change lines each day.
2. Play (arco, which means playing on the string after plucking) the same line, singing the Solfa. Repeat 20x/day.
4. If you can do #2 well, then connect the 1st and 2nd lines and play them, not singing.

Share the food: Sing one of your new songs 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 your practicing helper: Please pick the number of minutes YOU feel would be appropriate for your child. Your child should be comfortable with 15 minutes per day minimum now. Please write down any questions you have on the back of this page. Thank you!!

There are additions on the website to "The Violin Bow" (under the Learn tab, under "Instruments" and "Violin"). I will also post the video of our Delicious Music theme song with the ASL signs to the new line. I would like to post videos of correct playing for each of the assignments above. Check out the blog on Monday to see if they are there. (The blog is under the "Welcome" tab.) Text me with questions!!!