

NMPAT

Inspire • Nurture • Excel

Strings Express

Viola



Your Name

Welcome to the Strings Team!

Here's what you need to do to be BRILLIANT...

focus



To be present at all times!

To **'focus'** means you are choosing to pay attention to what is going on around you by listening and watching your teacher, and modelling good behaviour to others.

perseverance



Keep going even when the going gets tough!

You show **'perseverance'** when you keep going until you've got the job done, even if it is challenging and hard work to do.

enthusiasm



Look for the positive in every situation!

'Enthusiasm' is an infectious quality! You are being enthusiastic when you show an active interest in what you are doing, helping others to enjoy the experience too.

nurture



Show care and attention to others.

To **'nurture'** is to look after people and things to make sure they are safe and happy.

It is important to look after yourself as well as others.

excel



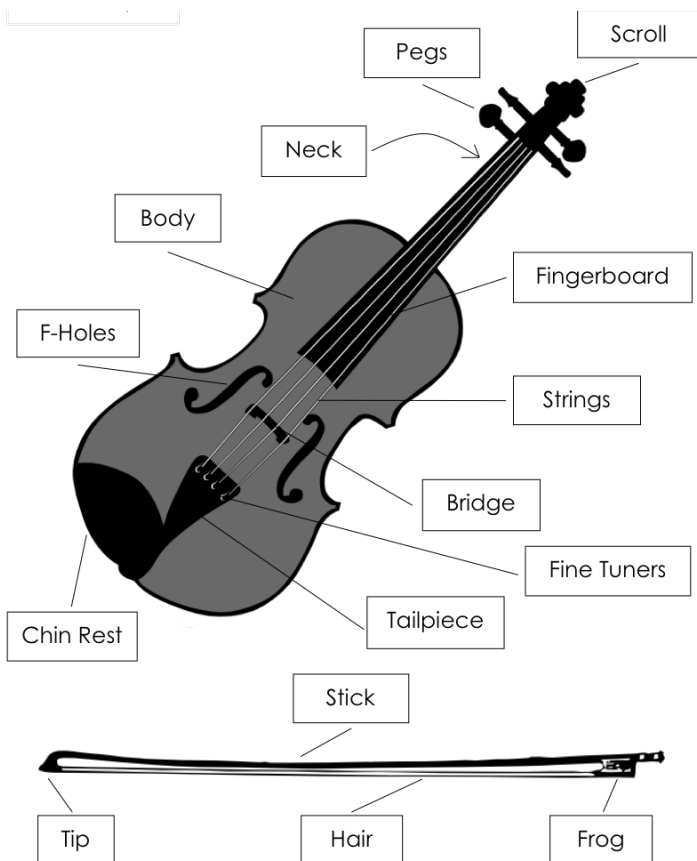
Try your hardest, do your best

No one can do better than their personal best! If you are trying your hardest, and doing your best then you are a success.

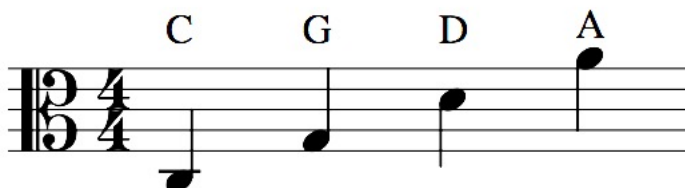
Make sure you **excel** at being you!



Parts of the Viola and Bow

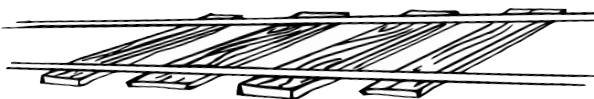


Notes on our open strings.....

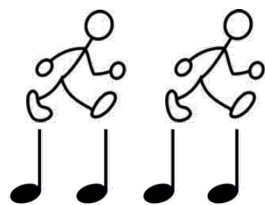


- ☐ Things to bring to your lesson
- ☐ Your instrument!
- ☐ Your music book, practice diary and a pencil
- ☐ A Sponge and an elastic band.

Off we go – time to get playing!



Learning to walk



Notes you will need

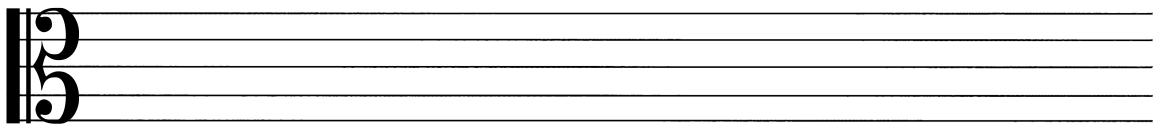


 This is a **crotchet** it lasts for **one beat**, say 'walk'

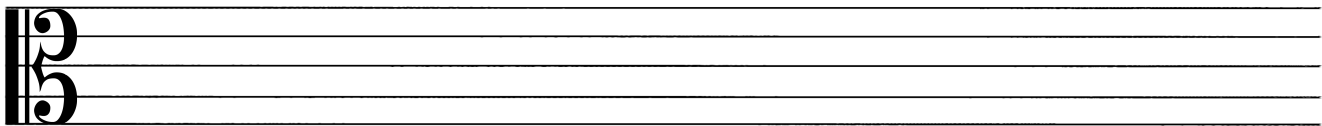
Open String Boogie



 Can you write some D's and A's?



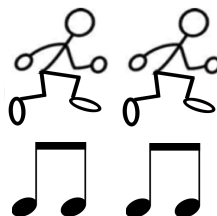
Now can you make up your own Boogie on D and A?



'Enthusiasm' is an infectious quality! You are being enthusiastic when you show an active interest in what you are doing, helping others to enjoy the experience too.

Look for the positive in every situation!

Now let's go running...

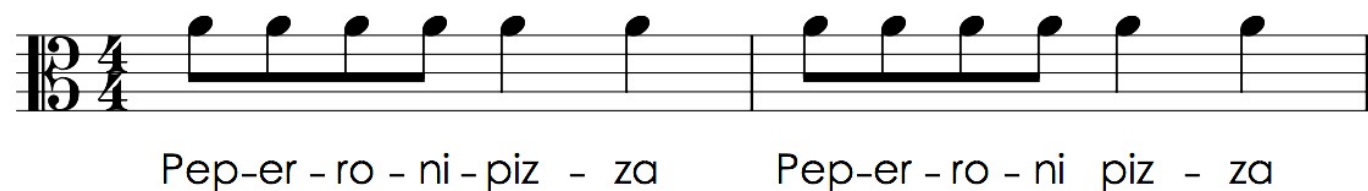


Notes you will need

Try this tune on your D string



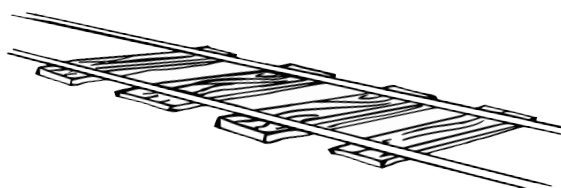
Try this tune on your A string



Bow Down Belinda

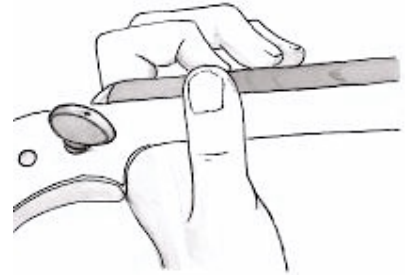


Time to go. Next stop meeting Finger E



Meet Finger E

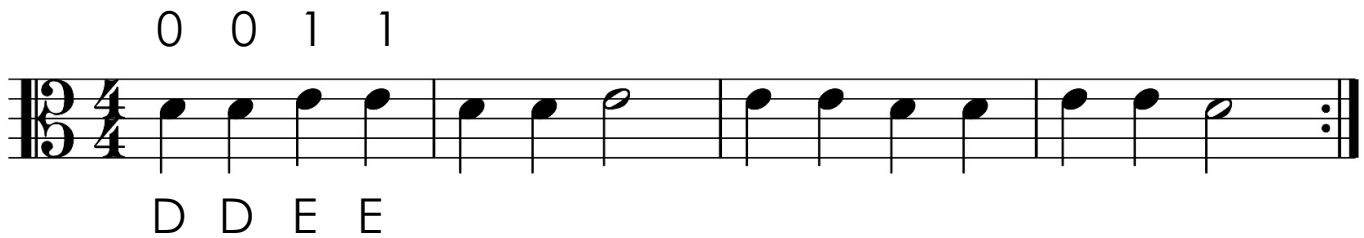
Note Bank



Lots of E's



Up 'n' Down

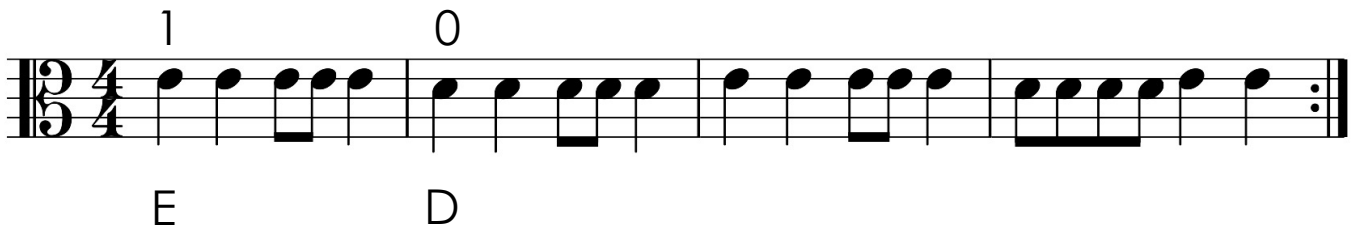


This is a **crotchet** it lasts for **one beat**, say 'walk'

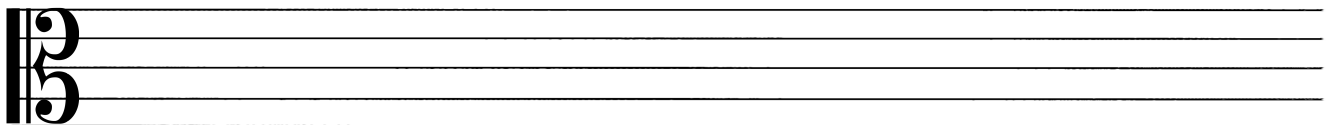


This is **two quavers** they last for **one beat**, say 'running'

Drunken Sailor

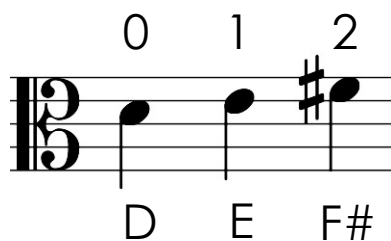


Can you write a tune of your own using crotchets and quavers?



Note Bank

Meet Finger F#



Footprints



Can you
name these
notes?

Hot Cross Buns



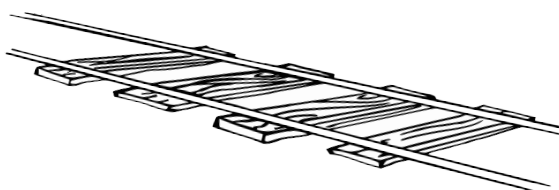
Spring Song



Can you name these notes?

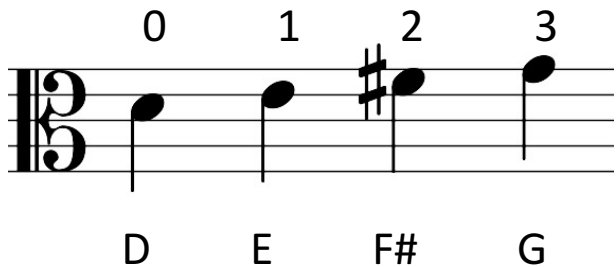


Time to go – Next stop
meeting finger G!



Meet Finger G

Note Bank

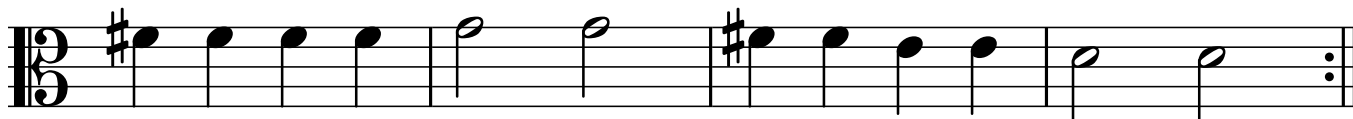
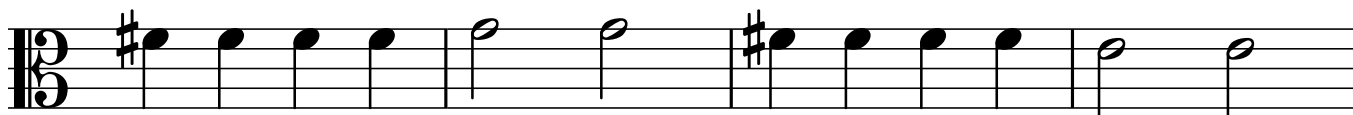


Stepping Up



Can you name these notes?

Hoe Down



determination



Just keep swimming!

'Determination' and 'perseverance' are very similar. A determined person will not give up on their dream!

They just keep going until
the job is done.

How does your viola feel today?

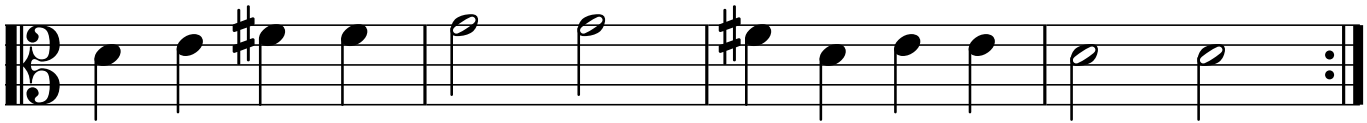
Happy Viola Sad Viola

focus

To be present at all times!

To **'focus'** means you are choosing to pay attention to what is going on around you by listening and watching your teacher, and modelling good behaviour to others.

Tudor Dance



Note Bank

0 1 2 3 0

D E F# G A

Climbing High



Mary had a Little Lamb



Note Bank

D E F# G A B

0 1 2 3 0 1

How does your
viola feel today?

Happy Viola Sad Viola

Twinkle ☆

Can you make up a tune using all the notes you know?

Name of my tune

All the notes so far



Old MacDonald had a Farm



This Old Man



You show '**perseverance**' when you keep going until you've got the job done, even if it is challenging and hard work to do.

**Keep going even when
the going gets tough!**

Well Done!
You have
completed
your first viola
book !!

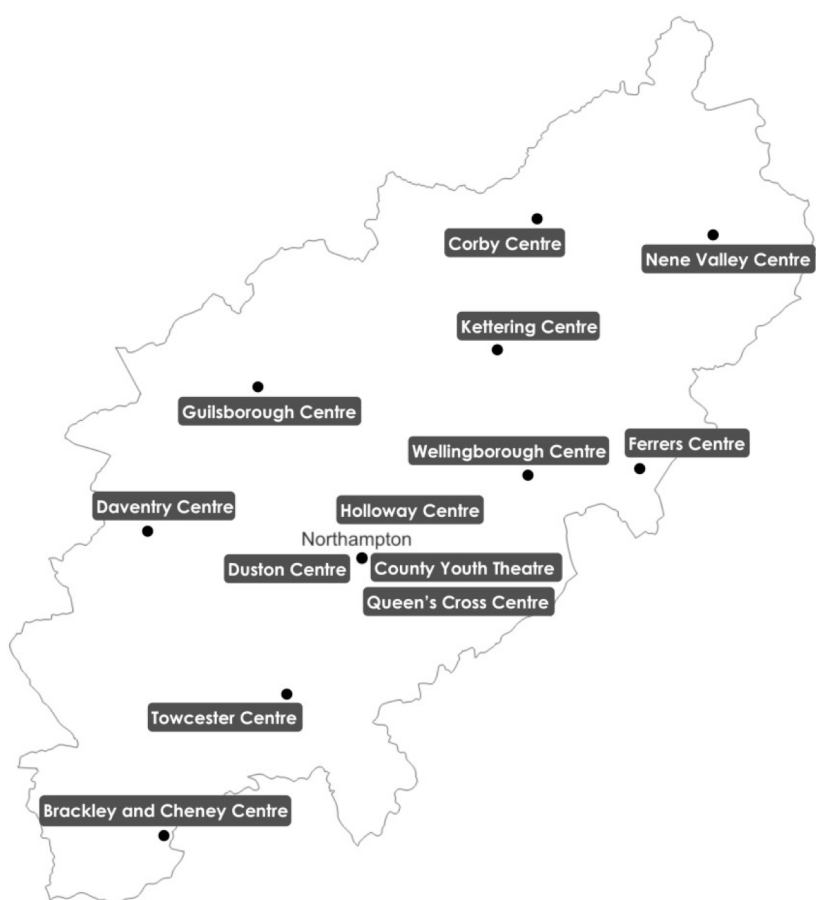


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Saturday Music & Performing Arts Centres

There's a Saturday Centre for you, come and join in the fun!



Contact us to find your local centre.

www.NMPAT.co.uk/centres • 01604 637117 • office@NMPAT.co.uk