

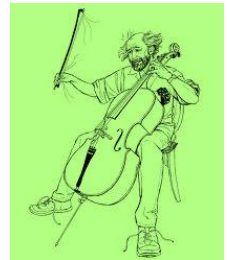


Why do I need to practice?

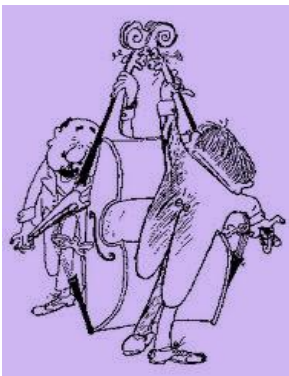
Playing a string instrument is just like playing a sport, it is a physical activity and we need to spend time developing our skills and training our muscles. It is the opportunity between lessons to try the things that were done in the lesson and it is also a time to enjoy making sounds on our instruments.

How should I practice?

RELAX! The first thing to be sure of is that you are relaxed when you play. Start by just playing some long notes on open strings and experiment with how they sound. Can you change the way they sound by the way that you bow? Does your arm feel relaxed when you bow?



SIMPLE: Play something you find easy first and enjoy how it sounds.



TRICKY BITS: Are there some places in your practice pieces that you find difficult? Play just those little bits. Play them slowly enough to make sure they are correct even if that is VERY slow. Play those tricky bits at least three times each slowly and correctly. Then have a go at the whole piece.

SCALES: Have you got some scales you should be learning? When you play your scales play them like a piece of music, make each note sound really nice. Play them loud and play them soft. Experiment with them, maybe starting soft and getting louder and then the other way round.

QUESTIONS: Ask yourself some questions.

- ✓ Am I holding my bow/instrument properly?
- ✓ Do I like the sound I hear?
- ✓ Do I feel comfortable?
- ✓ Do I need to ask my teacher about any of these things at the next lesson?



SHARE At your next lesson tell your teacher how your practice was. Was it interesting – did you find a new sound on your instrument? Were there any tricky bits that you got really good? Are there still tricky bits that you need help with?

And the Most Important Thing?

😊 **ENJOY YOUR PRACTICE!** 😊