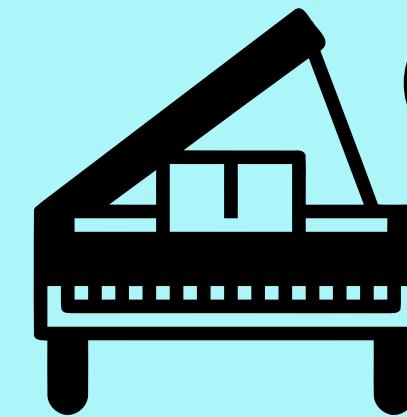


Student Name _____



Getting IT Daily

Instrument Time

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Goals

1. Get to the bench
2. Use practice coach items: Metronome, Bead counter, Wacky Things to Do Game, Beat the Bear (4 items for you and 4 for the bear), hand towel, brain breaks
3. Reward yourself by playing pieces you like at the beginning and end of your session

Be Mindful

1. Repetition = Play without stopping, Correct rhythm, Correct notes
2. Record and evaluate: matching tone strength, steady beat, changes in touch or dynamics
3. 3 S's = Slower, Smaller, Shorter
4. 4 F's = Find it, Fence it, Fix it, Fit it

