

	PRACTICE CHART	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FINGER WARM UPS	<ul style="list-style-type: none"> - LEFT HAND FINGERS ARE CURVED, LIFT EACH FINGER ONE BY ONE LEAVING THE OTHER FINGERS CURVED - HAND ON TABLE SLIDING FINGERS SIDE TO SIDE IN DIFFERENT GROUPINGS 							
BOW HOLD	<ul style="list-style-type: none"> - THUMB IS BENT - MIDDLE FINGERS REST FLAT ON BLACK SQUARE - PINKY BALANCES ON TOP 							
VIOLIN HOLD	<ul style="list-style-type: none"> - WRIST IS STRAIGHT - THUMB POINTS UP TO THE SKY - ELBOW IS LIFTED AWAY FROM THE BODY - ELBOW IS IN FRONT OF BODY 							
SCALE	CURRENT SCALE: _____							
RHYTHM/SINGING	SING THE FINGER PATTERNS OF YOUR PIECE OR WORK ON NEW RHYTHMS							
PIECE	CURRENT PIECE							

PLEASE WRITE IN THE AMOUNT OF TIME PRACTICED or REPETITIONS FOR EACH SECTION.

A great goal is to work on each section for 3-5 minutes or to try each section 3-5 times.

Consider having your child teach you how to do the holds and finger warm ups.