

My Violin Practice for the Week of:

	Activity and Goal	S	M	T	W	Th	F	Sa
Bow	Establish the routine of taking a bow from rest position to begin every practice							
Feet	Learn the difference between rest position feet and playing position feet							
Hands	Pick up objects with a soft bow hand and a soft violin hand							
Listening	My turn your turn - can you identify the rhythm							
Rhythms	Soap EBDU and Stop Pony, using my turn your turn							
Posture	Practice turning the head, with playing position feet, without turning the tummy							
Bow Hold	Practice thumb bows and thumb bops							
Bow	Establish the routine of taking a bow from rest position to end every practice							
Listen to CD	All the way through, every day, in the background							

Games I like:

Notes for my next lesson: