

# Practice Activities

1) Make your playing position and balance a toy on your instrument. Listen to your favorite song. Can you keep the toy balanced for the entire time?

2) Make your playing position and practice touching the neck of the violin or viola with your left thumb and magic line. Check the pictures in the binder or on the web site to make sure it looks correct.

- Remember, your hand wants to “grab” the instrument, don’t let it! Get used to just touching the neck of the violin or viola!

3) Make 5 bow hands on a pencil or straw.

- Are your thumb and pinkie both touching the bow on their tips?
- Are your fingers soft and relaxed?

4) Make 5 bow hands on the real bow! Keep the bow pointed at the ceiling.

- Is your thumb in the right place (on the stick right next to the frog)? Check the pictures on the website or in the binder to see.

5) Practice the basic bow patterns with the bow on your shoulder. You can see a video reminder on the web site. Remember, we move the bow by opening and closing our elbow. Your hand should stay totally relaxed!

The rhythms are:

- Running Running Walk Walk
- Down Wiggle Up Wiggle
- Ice Cream (sh!) Cone