

Practice Activities 5

Posture Checklist - Remember to check your posture every time you play!

Instrument on top of your shoulder

Straight wrist on your left hand

Long teeth on your bow hand

1. Play the 3 basic bow patterns going back and forth between the D and A string. Lift your elbow to go to the D string, and drop it to go to the A string. Listen for a beautiful sound!
2. Practice Foxtrot. You can find the instructions in the binder and you can hear what it sounds like on the website.
 - a. Remember to use your elbow to cross the strings!
 - b. Can you memorize this song?
3. Practicing the Flower Song from the binder. You will need to use your first finger to play this piece! Make sure you have a straight wrist!