

# Practice Activities 7

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. Keep practicing Foxtrot every day. Make sure to use your whole arm to cross strings, and listen for a beautiful sound!
2. Practice Flower Song.
  - a. Keep your wrist straight when you drop your fingers on the strings.
  - b. Practice playing this song with all 3 rhythms. The rhythms are:
    1. Running Running Walk Walk
    2. Down Wiggle Up Wiggle
    3. Ice Cream (sh!) Cone
3. Start learning Valse Triste
  - a. Do the same exercise for Valse Triste that we did for Foxtrot. Count the beats out loud between each measure. In this piece, there are only 3 beats in each measure, so you will count "1, 2, 3!"
4. Practice the Monkey Song
  - a. Keep your wrist straight as you add more fingers!