



Practice Preparation: Physical, Mental, & Emotional

Physical warmup:

Physical preparation gets the body ready for the rigours of playing the instrument with the necessary intensity of focus. For all instruments this means having a balanced approach with no unnecessary tension in the body. There are many options available, but developing the habit of doing some form of physical warm up prior to practicing will help maintain freedom of motion and comfort while practicing. Even just taking a few deep breaths can make a difference: <https://bulletproofmusician.com/do-you-need-a-pre-warmup-ritual/>

<ul style="list-style-type: none"> • Stretch 	<p>Warm ups from violinist Brian Lewis are a good example: http://www.violinist.com/blog/laurie/20156/16824/</p>
<ul style="list-style-type: none"> • Breathe 	

Mental warmup

Mental preparation helps create a plan for effective use of the allotted practice time and focuses on creating short term goals (small steps) that can lead to a long term goal. here's a link with some ideas on how to approach this:
<http://www.suzukitriangle.com/?s=3+minutes>

<ul style="list-style-type: none"> • What am I going to do? 	<p>Don't just dive in to practice, take a moment to figure out what you are going to do and how you are going to do it. A short parent/child chat with the lesson assignment and a whiteboard or note paper can get you and your child working together.</p>
<ul style="list-style-type: none"> • What am I going to accomplish by doing it? 	

Emotional warmup

Emotional preparation gets the practicer ready for the fact that mistakes are a fundamental part of the learning process, and that things that worked fine yesterday may not go well today. Preparing strategies for dealing with mistakes before they happen can transform a practice that has the potential to be frustrating and discouraging into a practice filled with learning opportunities and wonderful discoveries. Here's one way of approaching this:
<https://www.youtube.com/watch?v=Jw8BsmveZoo>

<ul style="list-style-type: none"> • How am I going to react to what happens? 	<p>Parents practicing with a young child may find taking a few moments for a hug or cuddle before starting can help. Older students practicing on their own should at least take a moment for a few deep breaths.</p>
<ul style="list-style-type: none"> • How do you want me to help you do this? 	