

# Motivation and Practice Techniques

## Practice Techniques:

- 1) Create a routine
- 2) Structure the practice session so it seems 'easy' – focus on one or two things to change
- 3) Positive feedback regarding sections performed well e.g. "You played this phrase very beautifully. Do you think that you can play with the same beautiful sound in the next section?"
- 4) "Chunkify" – break down a difficult section into more manageable parts
- 5) Offer options – what do YOU want to focus on today?

## Motivational Techniques:

1. Creating goals – short term and long term
2. Encouragement
3. Associating practicing with something positive
4. Tangible results
5. Seeing other creative ways you can play this piece

## Practice Games:

1. Rolling the dice to determine how many times you must practice a specific section (if you get 1, you must roll again!)
2. Creating a game board of the pieces with tasks to do (this is best on a whiteboard/chalkboard so you can continually alter the tasks)
3. Challenging yourself – you name one note, the student names one note
4. You sing part of the piece, and the student picks up where you left off (or vice versa!)

## Things to Remember:

1. It is alright to take a break sometimes! If you are tired, chances are your child is tired too and the practice will become frustrating and less productive
2. Musical Skills take time to hone and achieve. Just because things did not get fixed in one practice session does not mean the session was not productive
3. Always end on a positive note – what did they achieve?