

Name _____
Date _____

Practice Log

(Try to practice 10-20 minutes at least 5 days each week!)

Practice Assignment: (What do I need to practice this week?)

Day of the week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Write the number of minutes you practiced on that day							

Practice Strategies: What practice strategies did you use this week? What worked the best? (You can use your practice strategies list to help.)

Practice Reflection: Write a reflection on this week's practicing. Feel free to use these questions to help you think (you don't have to answer them all): What parts did you enjoy? What did you struggle with? What improved? Do you have a goal for next week? Do you have any questions to bring up in class?

Parent Signature: _____

Orchestra Practice Strategies List

1. Clap the rhythm of your piece
2. Practice a little each day, not all at once in one long session
3. Have a certain time each day that is set aside for practice
4. Listen to a recording of the piece
5. Sing your part
6. Pluck first, then add bow
7. Practice small sections at a time
8. Repeat, then repeat, then repeat!
9. Play through passage slowly, then slightly faster each time
10. Practice just the left hand
11. Practice just the bow on open strings
12. Air or shadow bow above the strings
13. Record yourself, then listen carefully, then fix mistakes
14. Practice the hard spots!
15. Play passage backwards
16. Start in the middle or the end, not always the beginning
17. Practice with a friend
18. Practice the whole piece really slowly
19. Try to play from memory
20. Perform your piece for a friend or family member, pet, or stuffed animal!
21. Look in a mirror as you play to watch your bow
22. Walk around or sway while you play!
23. Play with your eyes closed!
24. Highlight the notes on your highest string to help see when to switch strings
25. Say the letter names out loud as you play.
26. Study flashcards to help with note-reading!
27. Violins and Violas - have someone hold your upper bow arm still while you play to help the bow to move straight
28. Cellos and Basses - have someone put hands on your shoulders while you play to help relax and lower bow arm
29. Review old pieces or assignments
30. Create your own strategy: _____