

PARENT & CHILD PRACTICE GUIDE

(BEFORE - DURING - AFTER)

BEFORE: CHOOSE A GOAL

PARENT ASKS: "What would you like to make easier or sound better?"

CHILD COMPLETES:

Today I want to improve: _____

If you're not sure, choose one:

- ☐ Play the right notes
- ☐ Keep a steady beat
- ☐ Play without stopping
- ☐ Improve my sound
- ☐ Add expression
- ☐ Practise a tricky section

Now, make the goal small and specific.

DECIDE TOGETHER: My practice goal is: _____

DURING: NOTICE & ADJUST

PARENT ASKS: "What's getting easier? Where are you getting stuck?"

CHILD COMPLETES:

Something that is getting easier: _____

I am still getting stuck on: _____

If you're stuck, choose a strategy to try:

- ☐ Play more slowly
- ☐ Practise a smaller section
- ☐ Clap or count
- ☐ Play only the tricky notes
- ☐ Sing the melody
- ☐ Record and listen

DECIDE TOGETHER: The strategy I will try is: _____

AFTER: REFLECT & PLAN

PARENT ASKS: "What improved today? What helped?"

CHILD COMPLETES:

Something I improved today: _____

The strategy that helped me was: _____

How did today's practice feel? (Checkmark all that apply)

- ☐ Easy
- ☐ Challenging
- ☐ Frustrating
- ☐ Focused
- ☐ Fun
- ☐ Successful
- ☐ Something else: _____

DECIDE TOGETHER: Next time, I want to try: _____

-

REMINDER:
PRACTICE IS ABOUT PROGRESS,
NOT PERFECTION!

created by Rianna Burgess (2026)