

How to Practice with your Sunbeam!

1. Practice at a similar time each day, i.e. after a favourite TV show, before supper, bedtime, after breakfast etc.
2. Ensure that your Sunbeam has gone to the bathroom and has a happy tummy when practising. It is harder to concentrate when the tummy is empty or aching!
3. Short practice times which are frequent are preferable to long sessions. Sometimes a practice session can be disguised as “cleaning up the music bag” – “let’s take everything out of our bag and clean it up” – singing songs as you touch the puppets, writing music stories with the Popsicle sticks etc.
4. Vary the activities. Spend some time with your tin sheet, some time at your keyboard, some time singing and some time writing music rhythm stories.
5. Sing songs with your child while driving in the car. Put the CD on and listen to the kilometres go along! This is a good opportunity to listen for dynamics (forte cars, piano birds, etc).
6. Look at magazines and junk mail together. This is a good opportunity to find dynamic pictures, and talking/singing/whispering/shouting pictures.
7. Occasionally (once a week, once every two weeks) make a tape or CD or a video recording of your Sunbeam playing the keyboard, singing, clapping, making music. This is an activity that is fun to share with your Sunbeam and with their grandparents.
8. Tell your Sunbeam what is going to happen after practising, i.e. “when we finish practising we will go for a walk, watch TV, have a snack, etc.”
9. Keep the Student Activity Book recording page visible so that your Sunbeam can colour in the key after each day when practising is accomplished. It is difficult for young children to actually know how quickly the week is going so they do not realize how many days are left before they return to music class.