

Summer Practice 1

Practise on the days nothing special is happening!
Do 2 or 3 things from each section.

Sitting Check Edge of chair
Jack-in-a-box feet
Hamster space
Button on breast pocket
Where should your spike be?
Remember the string puppet's strings
Magnetic helmet - head floating up
Shoulders!

Bowing -

- do the BOWHOLD ROUTINE - check for the 'rabbit face' and make sure the smiley face on your wrist knob can see your eyes.

Choose 2 games every day and improve how you do them.

Caterpillars	Change from arco to pizzicato bowhold
Circles on knee	Pizzicato ovals over your knee
Head tapping	"Roll the bow" over all 4 strings
Holes in the ceiling	Tummy swings
Roll the bow on the bridge	Bow 'jumps' between tip and heel - eyes shut!

BEWARE FOXES and KEEP RAILWAY TRACKS STRAIGHT

Try saying "hand out" when you go to a higher string and "hand in" when you go to a lower string.

Choose one of the following bowings and practise it on all four of your open strings.

① 4 whole bows 

②  wobble wobble tap tap.

③ 

④ 

⑤  fly + let your first finger fly off.

⑥ 

(7) □ bow circles

(8) 'sofa' bows (V bow circles) - let go with 1st finger & thumb

(9) 'Zips' from heel to tip

Remember! Down bow (□) Undo hinge: Up bow (V) Drop elbow

Check: can the man riding your arm get on at the heel and hop off again when you get back?

