

# 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.

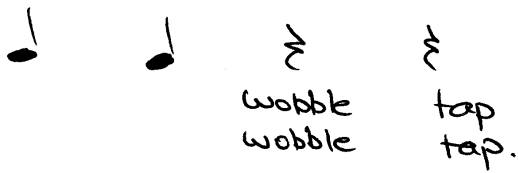
Caterpillars	Change from arco to pizzicato bowhold
Circles on knee	Pizzicato ovals over your knee
Head tapping	"Roll the bow" over all 4 strings
Holes in the ceiling	Tummy swings
Roll the bow on the bridge	Bow 'jumps' between tip and heel - eyes shut!

BEWARE FOXES and KEEP RAILWAY TRACKS STRAIGHT

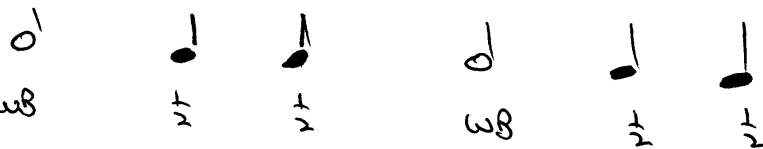
Try saying "hand out" when you go to a higher string and "hand in" when you go to a lower string.


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

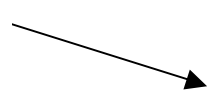
(9) 'Zips' from heel to tip

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?



.....  
(5) Play (4) & repeat pattern on lower strings without a break  
.....

(6) Doh      Doh       down the scale

.....  
(7)      Doh    lah      fah      re      Doh      And up again  
      0    4    1    4    1    0

.....  
(8)      Doh            soh            me      Doh      And up again  
      0    4            0            3      0

Pluck these first and then choose one of the bowings above and play going down the scale.

Make a really good sound so the cello sings.

### Tunes to play and sing



Hang your ears on the wall and see if it is as in tune and singing as you imagined it would be.

(1) Pluck      (2) Bow open strings      (3) ALL AT ONCE