



# 100 Days of Practice!

## Rules

1. Each day you practice, mark the chart below.
2. Practice days must be consecutive. If you miss a day, no problem...just start again!
3. A Practice session must accomplish at least one thing! Some practice sessions will hit all the things your teacher asked you to practice. Others may be deeply focused on one thing. But every practice session must accomplish something.
4. Listening and Review Pieces should take place each day.
5. Attending your lesson, group class, or orchestra do not count as practice.
6. If you are going away and play an instrument that can't travel (or just can't bring the violin along), other activities that "count" as practice are: music reading, active listening, music theory games.
7. If you are sick, listening "counts" as practice for the day.
8. Stars will be put up on the board for students who reach 30, 60, and 100 days of consecutive practice! Students will also be recognized at the Fall Recital.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100!

## **TIPS FOR SUCCESS!**

This is called a CHALLENGE for a reason...it is not easy! Doing something every day for 100 days is a big commitment, but it is also the best way to build an amazing *habit*. Once the habit is formed, it is easy to stick to every day. You will be amazed with your child's progress with steady, consistent practice. Progress is then motivating, creating a cycle:



Here are some tips to help you succeed:

- Start small. Set a goal of 10 days. Reach it and feel accomplished. That sense of accomplishment will help you to feel excited to keep going!
- Link practicing to an activity – like after you finish breakfast, when you get off the bus, after dinner, etc. These are called “cues” or “triggers” and are scientifically proven to be an effective way to form a habit.
- Plan ahead! If you know you have a day where you are out of the house from 8am-8pm, figure out a way to get in a small amount of productive practice before you leave, or before bed.
- Set a daily number of practice tasks or objectives instead of a set time for practice. Children who have to practice for a set number of minutes quickly learn how to waste time.
- Celebrate the milestones along the way with a small family celebration! Consider starting your child 5 or under with a 10 Day Chart. Decide together on how to celebrate each milestone. Little rewards along the way can keep us going. The difference in motivation is HUGE between families who celebrate practice milestones and those who don't.
- If you do break the chain and have to start over, don't get discouraged! You can do this!
- Bring your chart each week to show your teacher and celebrate with her!