



PRIMER LEVEL

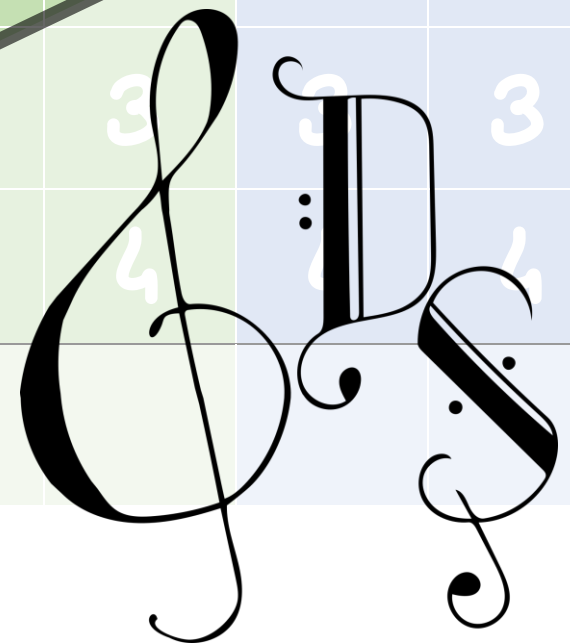
A

Written by Lyubov Draga



PRACTICE LOG - PRACTICE 3 TO 4 DAYS EACH WEEK FOR ABOUT 10 - 15 MIN DAILY

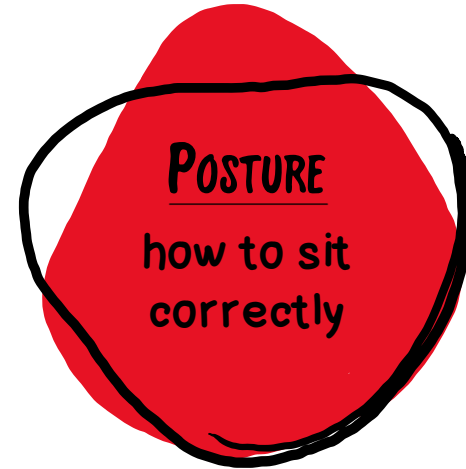
WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
HW:	HW:	HW:	HW:	HW:	HW:	HW:	HW:	HW:	HW:
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4



POSTURE

Unit 1

- 1 Sit up straight!
- 2 Are you sitting high enough?
Your elbows should be the same height as the keys.
- 3 Are you sitting close enough?
Stretch out your hands and reach the back of the piano.
- 4 Feet on the ground (or hanging down).
- 5 RELAX!! And have some fun!

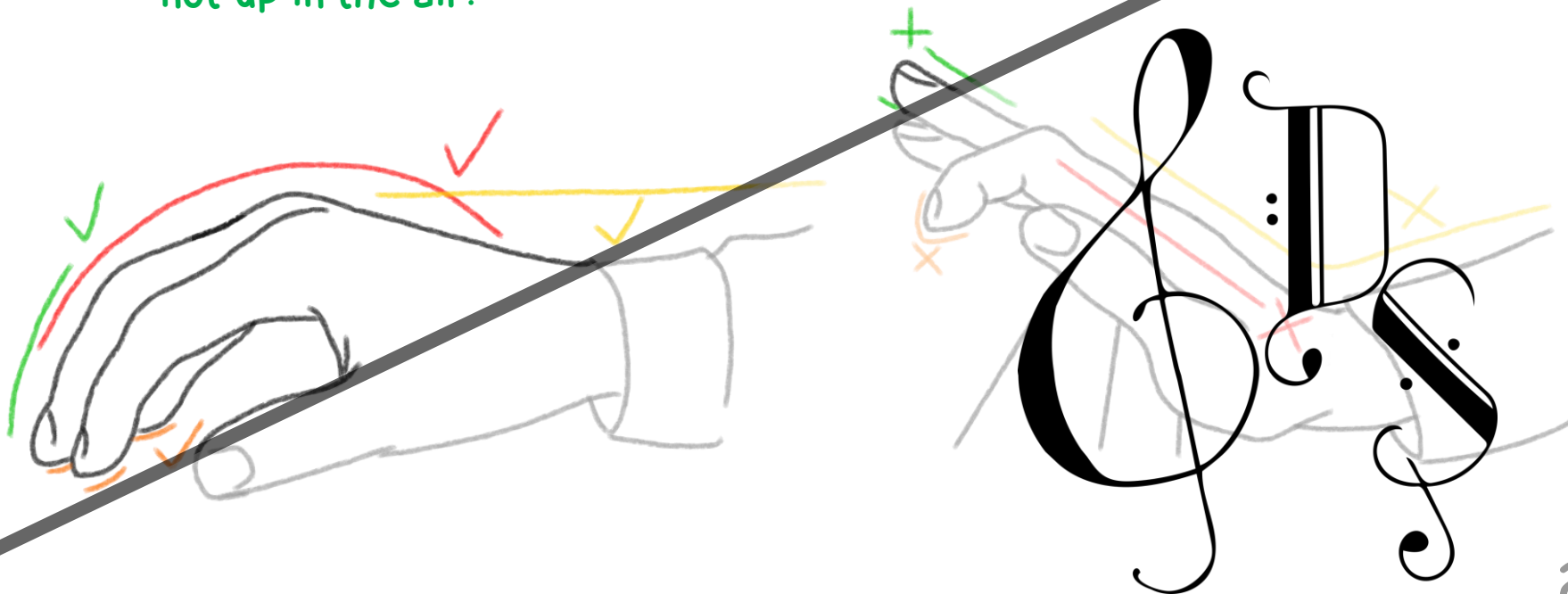
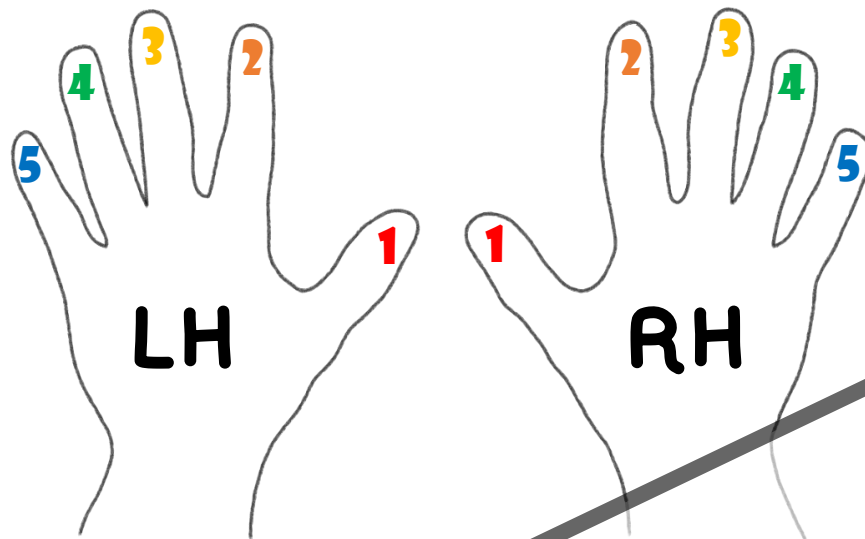


1 Keep your palm curved, not flat!

2 Play on the soft, juicy part of your fingers, not your nails!

3 Keep your wrist straight.

4 Keep the other fingers down, not up in the air!



BRAIN GYM

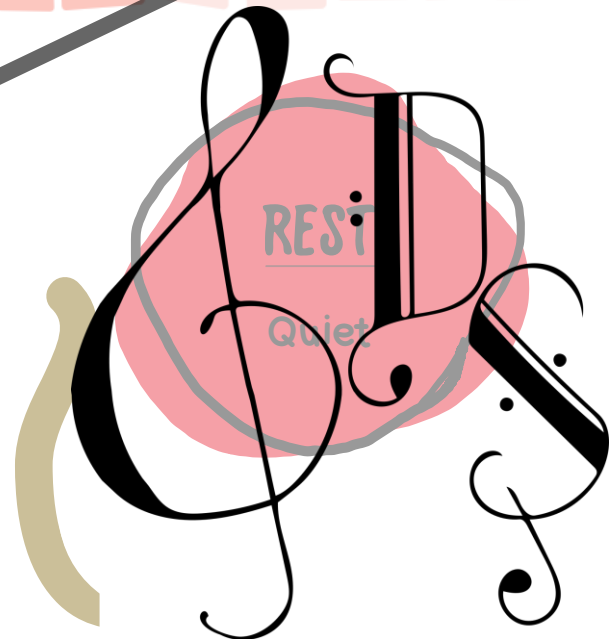
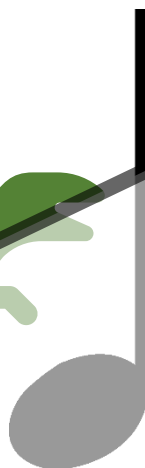
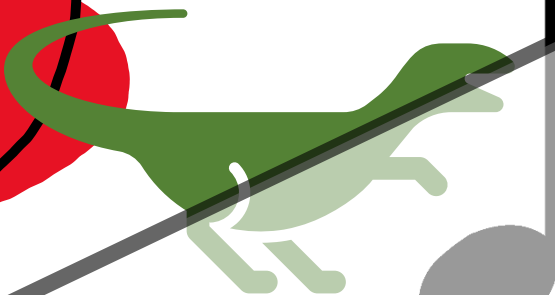
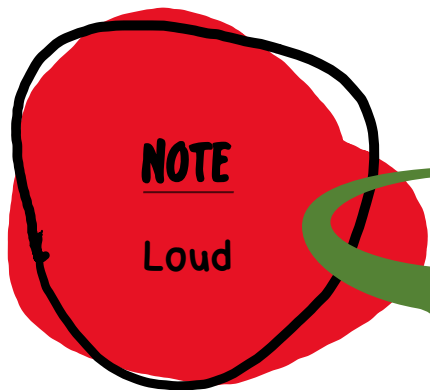
Shake my right,
Shake my left,
Shake up high and
Shake down low.



Shake my right,
Shake my left,
Shake them fast and
Shake them slow



DOTS & WORMS



EAR TRAINING

1 2 3 3
Do Re Mi Mi

1 2 3
Do Re Mi rest!

1 2 3
Do Re Mi rest!

1 2 3
Do Re Mi rest!

1 2 3
Do Re rest! Mi

1 2 3
Do rest! Re Mi

1 2 3
Do Re rest! Mi

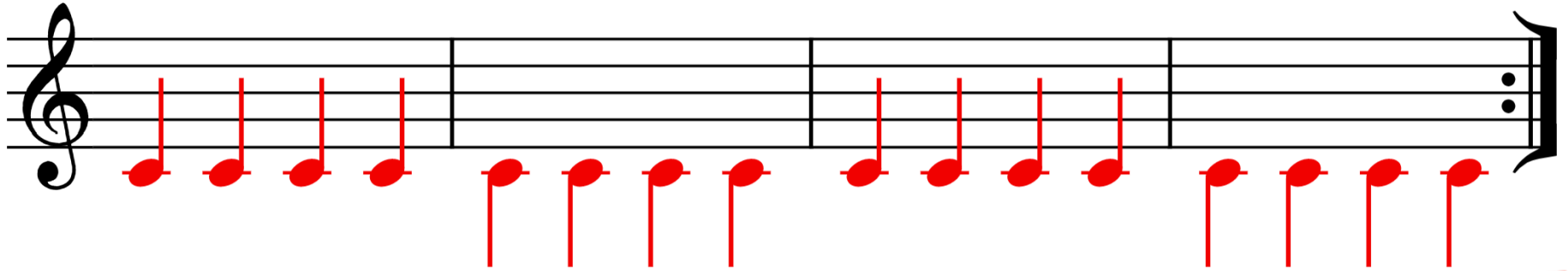
3 2 1
Mi Re Do rest!

1 2 3
Do Re rest! Mi

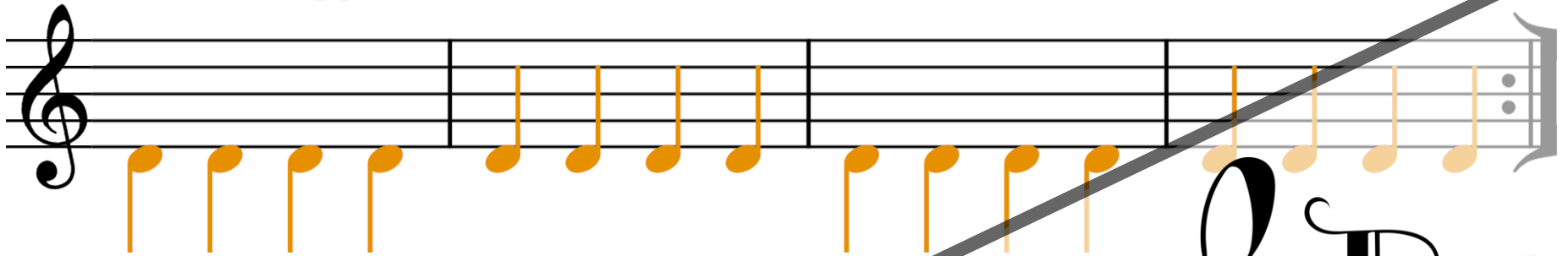
1 2 3
Do Re rest! Mi



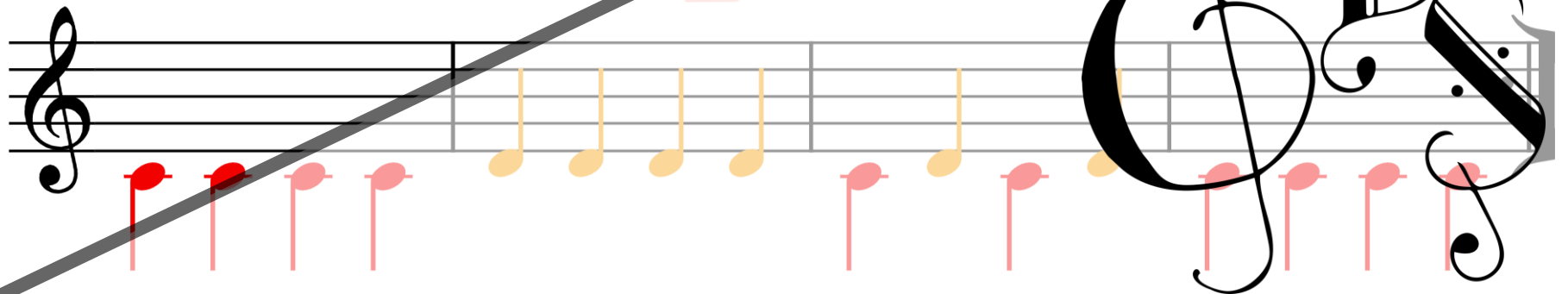
THE DO SONG



THE RE SONG



FIRST STEPS



HOT CROSS BUNNY



3

2

1

3

2

1

Musical staff with notes and lyrics: Mi Re Do rest! Mi Re Do rest!



1

1

2

2

3

2

1

Musical staff with notes and lyrics: Do Do Re Re Mi Re Do rest!



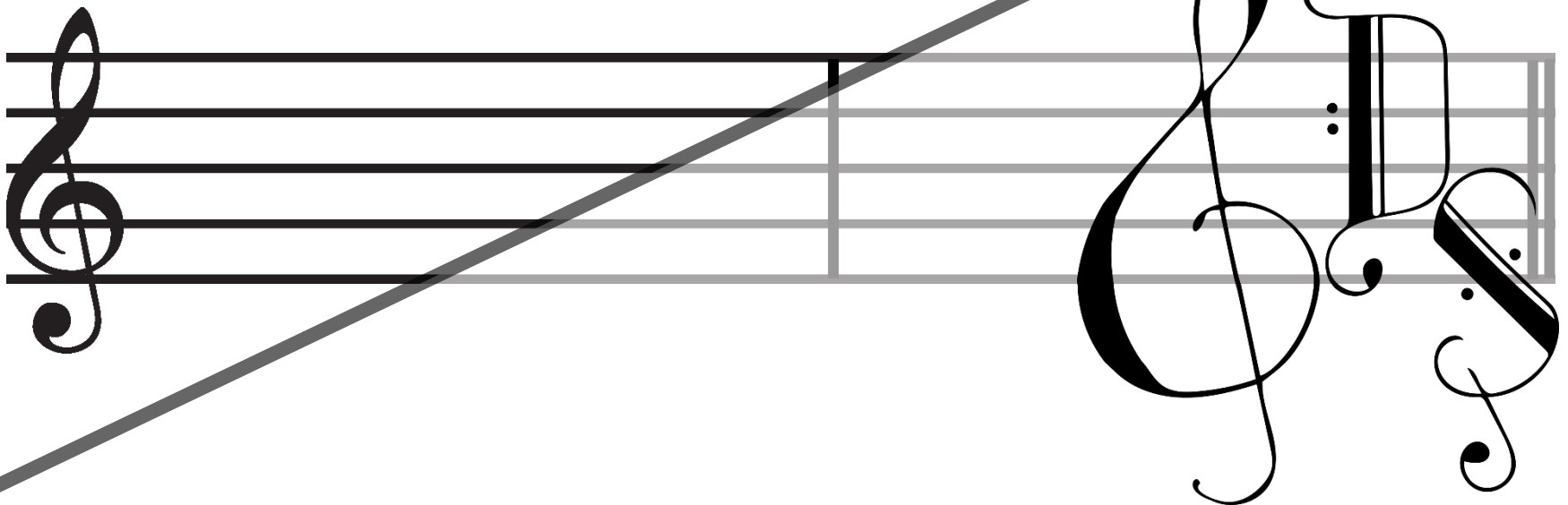
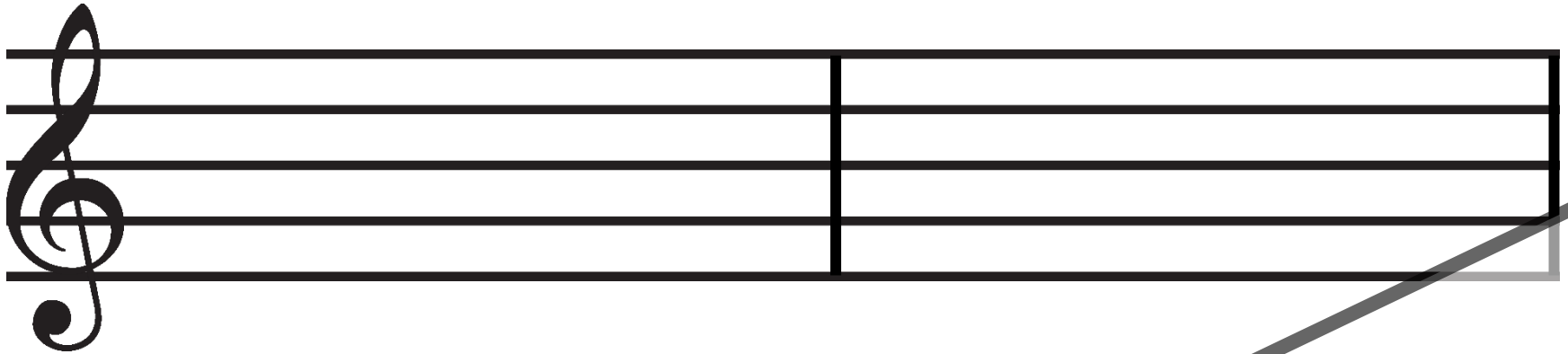
Can you play it with your left hand?



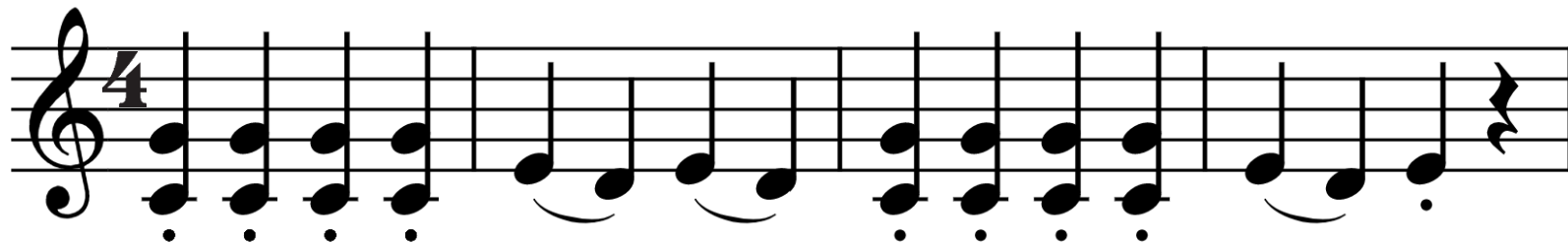
BARRY BEAR



What is Barry Bear doing? Write some notes for him!



CAPTAIN KITTY



OCCY OCTOPUS

