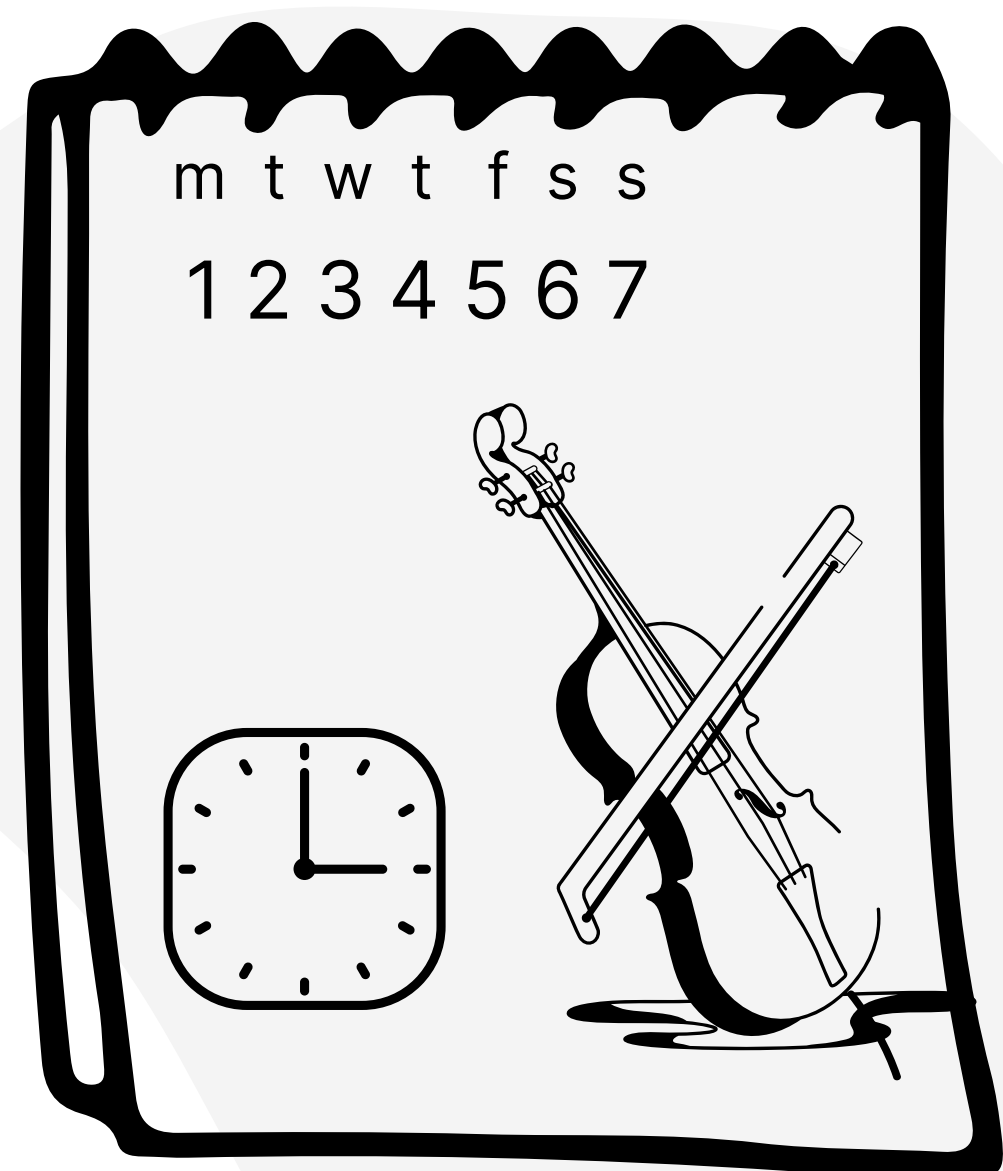


## Game-i-fy your Practice - get creative!

Background: It takes approximately 400 times to create a new synapse in the brain, unless it is done in play, in which case it only takes 10-20 repetitions. (Dr Karyn Purvis)

Mantra: Make Practice Play!



## Organise your practice time!

### Write it on the calendar

Schedule time ahead.



### Have a goal

Allocate a goal, without a time frame.



### Comfortable space

Space is ready and set up without creating stress. All materials/tools are ready.

### Warm up

For the joints and for the mind!  
Anything that makes you feel comfortable and brings joy.



# Make practice time play time!

## Pick a piece

Play through the entire section ONE time.



## Choose a section

Choose a passage you want to work on.

## Play the section

Play that selected passage once.



## What's the challenge?

Identify the challenges.



## Make it a game

Create a game around the challenges (see pg 3).



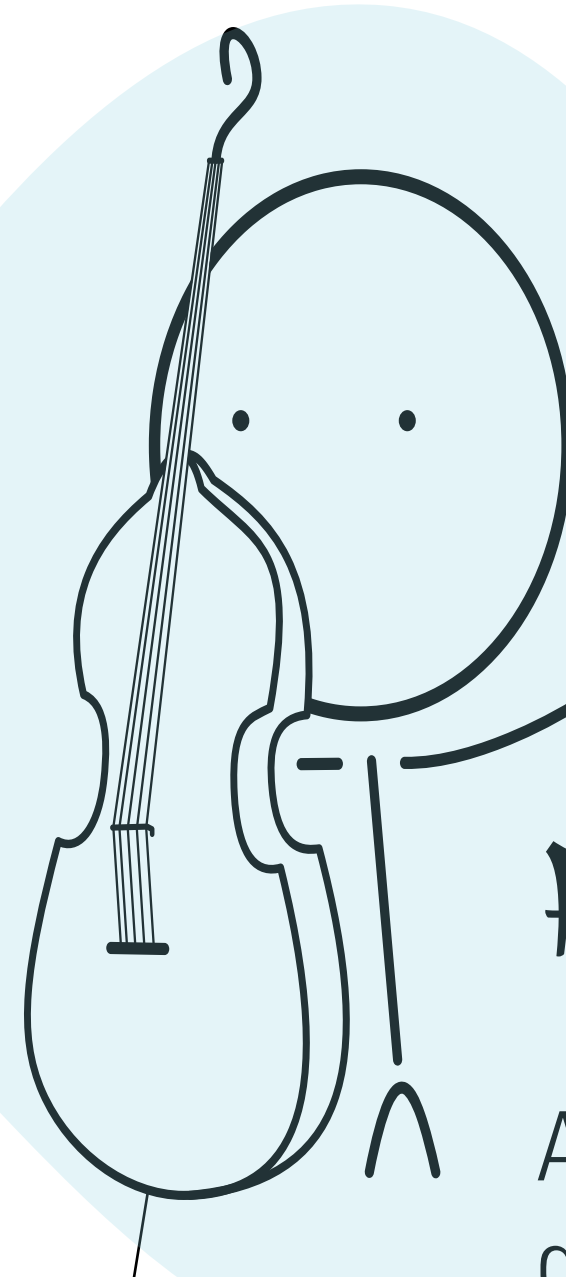
## Take a break

Put your cello down and do something else.



## Play it again

After playing the games, play through the passage.



## Repeat

Chose another passage and repeat.



## Celebrate!

You have creatively and playfully practised your cello.





### 1. Shuffle

Re-arrange the notes (fingering) of the passage OR re-arrange the rhythm OR re-arrange the bowing. For example 1-3-4 fingering make it 3-4-1 or 4-1-3.

### 2. Group

Group the notes. Divide the passage in sets, for example a set of 12 notes turns into 2 sets of 6 notes or 3 sets of 4 notes etc.

### 3. Build

Play 1 note, then 2 notes, then 3 notes and so on.

## Suggested practice games

### 4. Stop/Go

Play the tempo a little bit faster, little spurts of notes then stop. For example play fast, then stop, play next fast, then stop and so on.

### 5. Ad lib

Take a collective of notes and improvise around them, make things up.

### 6. Pretend

Pretend you are playing at Carnegie Hall, maybe close your eyes and pretend you are playing it or singing it.

### 7. Rhyme

Transpose the music, then the notes and play them in a different key.

### 8. Make up your own game

Play is the only way the highest intelligence of humankind can unfold." - Joseph Chilton Pearce