

Make a Blast Warm-Ups!



- Pump up your energy by stretching and squeezing your hands
- Sit tall and punch your posture!
- Let your elbows drop as you wiggle your fingers down to the keys
- Play parade marching scales
- Find a low note/chord and play each higher one you can find. At the top create firework twinkling sounds!

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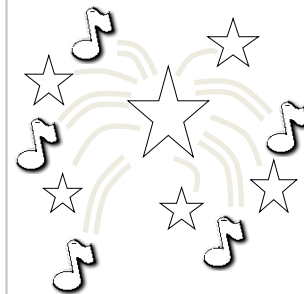
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Teachers, print on cardstock and cut out the bookmarks ahead of time. Have your students color in the firework (glitter crayons are fun!) and add a flag, star, or other small 4th of July sticker at the bottom. When they are finished, laminate the bookmarks and punch a hole at the top center. Have the students thread red, white, and/or blue ribbon through the whole and add some festive beads (red, white, blue or stars are cute). Explain the warm-up exercises and send them home to practice! (Chords can be stacked or broken, broken with the pedal is always a hit!). The “punch your posture” is a short term we use referencing Faber’s posture techniques from http://pianoadventures.com/guide/04_sitting_at_the_piano.html