

7-DAY PRACTICE RESET



This Practice Reset Week is designed to help piano feel fun, doable, and encouraging again after the busy holiday season.

Day 1

Favorite Song Day

Play something you love!

Day 2

Rhythm Day

Drum the rhythm from a piece you're working on

Day 3

Listening Day

Watch or listen to a piano performance

Day 4

Slow Practice Day

Play a piece slowly, focusing on accuracy over speed

Day 5

Creative Day

Make up your own music or change the rhythm of a piece you're learning!

Day 6

Performance Day

Play for a friend or your stuffed animals; record a video for someone you love!

Day 7

Celebration Day

Pick a favorite activity to repeat & reflect on how far you've come!

Reflection Thoughts:

My favorite day:

One thing that felt easier:

One thing I want to keep doing: