**Exploring instrument & musical self (~15 minutes)**

improvisation with 12 bar blues [search youtube or google]

find new sounds that your instrument can make and try to notate them

learn to play a favorite song by ear

compose a piece for you alone or a group of friends

write a soundtrack to accompany a story from your day

have a dialogue with somebody using just your instrument

Using loops, beat boxing, and/or found sounds, create a backing track to a scale, etude, or piece you have learned.

**Scales/arpeggios (~5 minutes)**

Habits Book – choose any key

**Technique (~ 3 minutes)**

Right Hand, including but not limited to:

Bowing techniques – spiccato; staccato; hooked etc.

Controlling variables – weight, angle, speed, placement

Left Hand, including but not limited to:

Shifting

Intonation and finger patterns

**Orchestra/solo/etudes music (~5 minutes)**

Pinpoint a section or sections to work on and ask yourself:

What are the challenges of this section(s)?

What strategies can I use to address these challenges?

**Reflect on practice session and set a goal for the next session (~2 minutes)**

Fill out practice reflection

**The**

**Explorer**

30-minute   
practice session

\*\*You can change these as needed to fit your goals and length of time.\*\*

