

Orario Hour	Lunedì Monday	Martedì Tuesday	Mercoledì Wednesday	Giovedì Thursday	Venerdì Friday	Sabato Saturday	Domenica Sunday
07:00-07:30							
07:30-08:00							
08:00-08:30							
08:30-09:00							
09:00-09:30							
09:30-10:00							
10:00-10:30							
10:30-11:00							
11:00-11:30							
11:30-12:00							
12:00-12:30							
12:30-13:00							
13:00-13:30							
13:30-14:00							
14:00-14:30							
14:30-15:00							
15:00-15:30							
15:30-16:00							
16:00-16:30							
16:30-17:00							
17:00-17:30							
17:30-18:00							
18:00-18:30							
18:30-19:00							
19:00-19:30							
19:30-20:00							
20:00-20:30							

Instructions:

- 1.) • With a color of your choice, color all your school hours in the table, from Monday till Friday.
 - With a second color of your choice, color the time spots of all your after-school activities.
 - All the remaining white areas of the table are showing your **Free Time!** Now let's start planning!
- 2.) • Choose a time spot every day for your music practicing that seems comfortable with a third color!
 - Try to practice according to your plan for 2-3 weeks and see if you did succeed to stick to the plan.
 - If you did follow the plan, you're done, you did a great job!
- 3.) **If you were not fully successful following the plan, analyse the situation, make some changes:**
 - Those days that worked out well, leave intact, but for the other days find a new time spot.
 - You can experiment with different time spots every day or you can have also "A" & "B" plans.
 - Repeat the last steps until you can fine tune your practicing habits, finding your personalized plan that works out best in a long term and that you can follow easily.
 - In some cases, you can practice also in the morning before school or in your lunch break.

For the parents:

There are many schools and after-school activities, where students do not have homework, unlike instrumental music courses. It is normal, that in the beginning the students are not consistent and that they are not prepared every time because they don't practise regularly, but with the help of this "Practice Plan" we can help them to develop slowly the necessary consistency, especially if it's done right. In the past some students needed only 2-3 months to get it, meanwhile others needed even 3-4 years. **So, if you as a parent witness that your children are not practicing regularly, you must understand that it's not because they are not really interested, but rather because they don't know how, they have no experience yet to do things regularly or as a homework. Instead of cancelling the course, you must give them the necessary time they need to learn how to practice.**

With this practice plan students will have real goals and a visual feedback, making it easier to follow. Without a plan the study would be more difficult, random, and definitely not efficient.

Your teacher will help you with your planning if you have problems or questions!