



Overcome a Bad Practice Day

Patricia DiLutis

Clarinet

-Check your hunger level: get a nutritious and healthy snack, if needed

-Check your tiredness: take a short nap, if needed

-Breath!

-Your speed of learning is NOT important: DO NOT compare yourself with others

-We all learn differently and fast learning is not always good learning

-Breath again!

-Music is art with expression: we all want to hear what you have to say!

-Try to go slowly and find one thing to work on today

-Happy practicing!