**Listening exploration: find new and/or familiar music (~5 minutes)**

Your favorite song (listen twice!)

Another composition by composer/arranger of class orchestra music, solo, or etude.

Class orchestra music, solo, or etude pieces performed on different instruments.

**Active listening (~15 minutes)**

Pick out a melody or accompaniment from the piece and learn it.

Write down what you hear (dynamics, articulations, style, etc.) This can be in musical notation, words, or images.

Notate a small section of the piece or the overall form..

Listen to and make a list of as many songs from one composer that you can find in the allotted time. What similarities do you notice?

Find music listening maps online and follow along. What did you learn about the piece from the map? Then draw your own.

*Optional Extension: Set out to imitate what you have just listened to. On your instrument, begin to play the song “by ear,” using what you have heard and written down.*

**Scales & arpeggios (~3 minutes)**

Choose a key from your method book

**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(~2 minutes)**

Fill out practice reflection

**The Listener**

30-minute   
practice session

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

