

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, shade in all your school hours in the table, from Monday to Friday.
 - Using a second color, fill in the time slots for all your after-school activities.
 - All the remaining white areas in the table represent your **Free Time!** Let's start planning!
- 2.) • Select a time each day for your music practice that feels comfortable, mark it with a third color!
 - Try to follow this practice plan for 2-3 weeks. Were you able to stick to your plan?
 - If you followed the plan exactly, great job! You did amazing!
- 3.) **If you didn't completely stick to the plan, analyse what happened, make some adjustments:**
 - Keep the days that went well as they are, but for the other days, find a new time slot.
 - Feel free to experiment with different times each day, and consider having an "A" and "B" plan.
 - Repeat these steps until you refine your practice habits and find a personalized plan that works best for you in the long run and is easy to follow.
 - In some cases, you can practice also in the morning before school or during 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 for students to be inconsistent at first and not always prepared because they don't practice regularly. However, with the help of this "Practice Plan," we can gradually help them develop the necessary consistency, especially if it's implemented correctly. In the past, some students needed only 2-3 months to adjust, while others took as long as 3-4 years. So, if you, as parents, notice that your children are not practicing regularly, understand that it's not due to a lack of interest in the selected music course but rather because they don't yet know how to practice regularly or treat it as part of their daily homework. Instead of canceling the course, you should give them the time they need to learn how to practice and build consistency.

With this practice plan, students will have clear goals and visual feedback, making it easier to follow. Without a plan, practice would be more challenging, inconsistent, and less effective.

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