

How to Do 100 Days of Practice

“A journey of a thousand miles begins with a single step” – Lao Tzu

Did you know that if a small child does not practice for 24 hours, around 50% of what has been taught at the lesson is lost? This adds up, during the course of a week to a shocking 97%. It's further complicated, by any last minute attempts at practice, which can wreck self confidence in both parent and child. It takes at least 100 Days to drop old behaviors and to make new, positive, practice habits.

Rules

- The one and only rule is simply, Practice for 100 days in a row. After 100 Days in a row, you'll find the new habit will largely be formed.
- Fill in the practice chart every day. Any blank days “break the chain.”
- **Recognition:** Children who achieve 100 days will be recognized at group concerts with a certificate and prize!

Tips to help you succeed:

- Set a daily number of practice tasks instead of a set time for practice. Children who have to practice for a set number of minutes, quickly learn how to waste time. 😊
- To make sure that practice happens, use a trigger. This is a daily activity that leads you to practice like practicing after breakfast. Visual triggers work well too.
- Remember that when starting the Challenge, less is more. Suzuki said that 3 minutes, 5 times a day is ideal for beginners.
- Be the secretary at your child's lesson and write down exactly what, why and how to practice. 100 days of unfocused practice isn't very useful.
- There are many things a child can do to practice when they are sick, in the car, or otherwise away from their instrument. Examples are air bowing to the CD, Singing the songs, Clapping rhythms, Active listening-paying attention to trouble spots while following along with the music, etc.

There will be obstacles to daily practice: Illness, Parties, Sports days, School events, Holidays, etc.

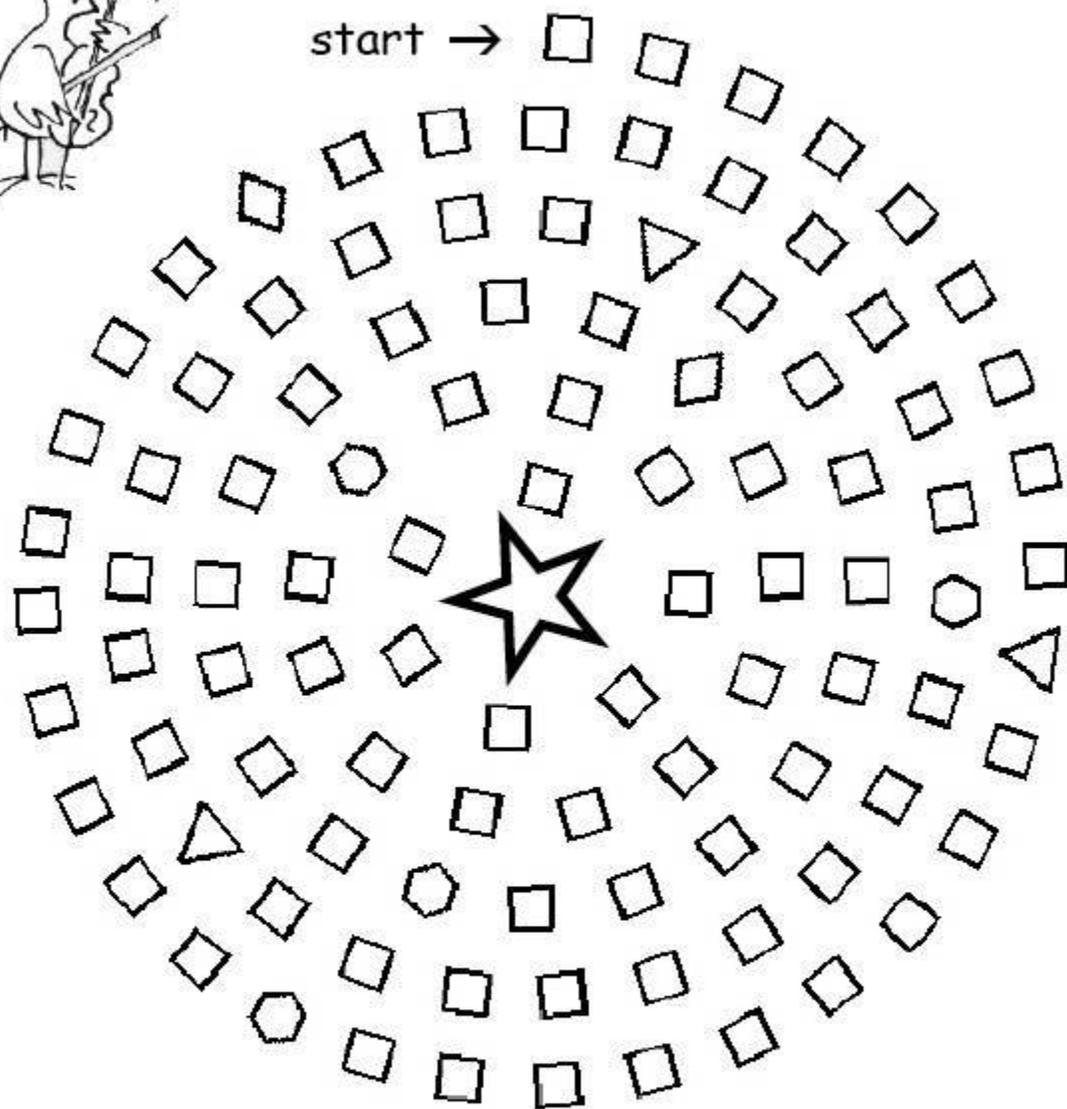
Remember that there are always several 5 minute time slots, in any day. In fact, micro practices are perfect for learning to focus!

Achieving the 100-day goal is a commitment on the part of the parent as well as the student. Children at Suzuki Institutes have achieved 1, 3, 5, and even 10-year achievements. If they can do it, you can do it!



The 100s Spiral

(Color in one shape for each repetition)



Fledgeling's name _____

Start date _____ Finish date _____

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