

# At the Piano

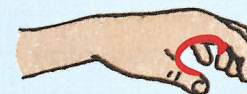


Remember your good posture:



Remember your hand position:

**Check!**  
Natural  
"C" shape!

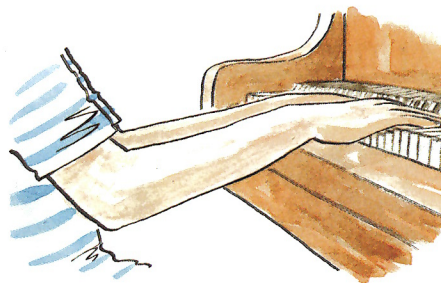


1. How should your fingers, hands, and arms look while playing the piano? Circle the correct picture.

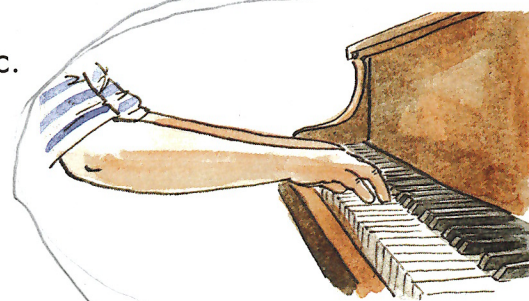
a.



b.

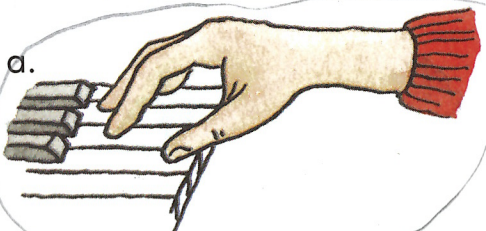


c.

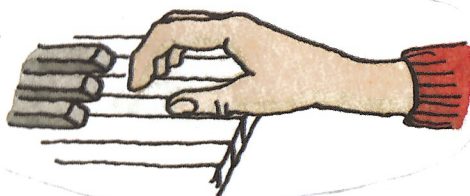


2. Which picture shows you where to play on your thumb? Circle the correct picture.

a.



b.

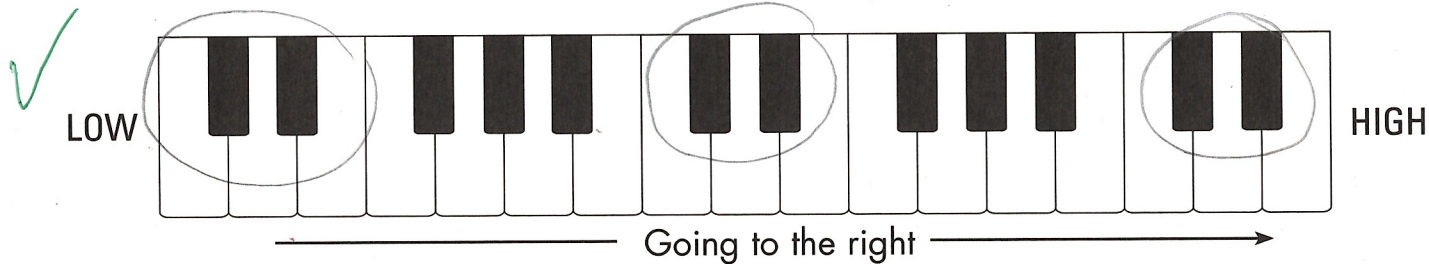


**Note to Teachers:** In 2a, the thumb is in its correct position, playing on the outside tip. The natural "C" shape promotes healthy technique. This is a natural hand position. In 2b (incorrect), the thumb is flat on its side, the fingers are overly curved, and the wrist is low. Remind students not to "brace" their thumb with another finger, or "squeeze" their fingers together because this causes tension.

# The Black Keys

Remember to play these

- Circle all the **2 black-key groups** below.
- Then play these keys quickly, UP the keyboard, like a squirrel running UP a tree!



- Circle all the **3 black-key groups** below.
- Then play these keys DOWN the keyboard, like a squirrel running DOWN a tree!



- Close your eyes.
- Listen to your teacher play groups of black keys.
- Can you hear the difference between high and low? Up and down?

## Time to Compose:



- Using the 2 or 3 black-key groups, make up a piece about squirrels.  
Some ideas: squirrels laughing and chattering, leaping, sleeping

★ Practice your piece as many times as it takes to remember it completely!