

9/1/2020

Hello All!

I'm so excited to be able to work with you all again this Fall! Even if it is all digital and a bit crazy!

In an attempt to be more prepared for digital lessons, I've included in this packet some practice aids to help you at home. Some of these might be a bit similar to stuff we've used in person during lessons, while some of them are completely new that we'll be trying for the first time together. I'll also include Amazon links to all of these items on my website ([www.kerrybollinger.com/practiceaids](http://www.kerrybollinger.com/practiceaids)) in case you want to purchase more of them for yourselves.

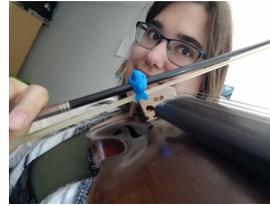
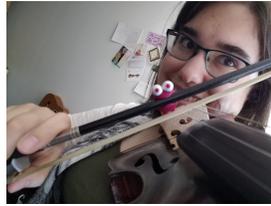
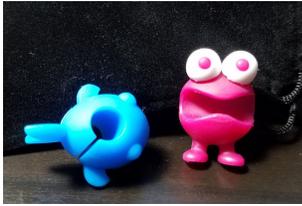
**You might not have all of the practice aids listed.** If you didn't get one and REALLY want one, let me know and I'll let you know if I have extras! If not, you can purchase your own from the links I provided online. If you didn't get one, it doesn't necessarily mean that item won't help you. I just had a limited amount of items to give out at the beginning of this term, and a limited budget. I assigned items based on what we are currently working on in lessons and what I thought would be the most helpful at this time. Again, feel free to talk with me about it!

I'm always open to suggestions and ideas for ways to make practicing and learning violin more fun. So if there's something you do with your practicing that you really love and want to share with everyone, let me know!

Please let me know if you have any questions!

Kerry

# Fish and Monster Bow Stoppers!



These little creatures are great to put on your bow to help you play in specific areas of your bow. Put it in the middle of your bow to only play towards the frog, or towards the tip. They're made of silicone so they don't hurt your bow or your strings if they catch the string with their feet/fins!

# Pinky Charms



These little Charms are great for hanging off the end of your bow and using your pinky to hold them in place while you play. If your pinky is not touching your bow, your charm is going to fly away while you play! Always try to have your pinky curved while holding your charm down. Charms are harder to keep down with straight pinkies!

# Bow Finger Separator



Yep, these are pedicure separators, BUT they can be really handy to use for keeping your fingers the appropriate distance apart on your bow. The separator goes on your fingers, with the long foam line right behind your bow. My pinky kind of moves around in the hole since my pinky is so small, so yours probably will too, and that's okay.

# Scrunchie Wrist Holder!



We've definitely used these in lessons with some of you! You can use rubber bands or hair ties, but I really like scrunchies for this practice technique because they are so soft. You can see in the photos above that you slip them over your scroll, place your hand in from the scroll side, and then make your violin hand. The scrunchie will pull your wrist back towards the scroll so you don't end up making your "pizza hand" or collapsing your wrist. If these are too tight for you, you can find larger ones and just use this one for your hair or something!

# Giant Pipe Cleaner



These pipe cleaners have a lot of versatility. You can bend them under your fingerboard to create a barrier so that your bow doesn't creep past it up onto the fingerboard. You can make yourself a crown that you have to keep on your head through a whole piece (something tells me you'll need good posture for that). Why not make a little shape that has to stay on your violin through the whole piece and not slide off? What other things can you think of to help your practice with this?