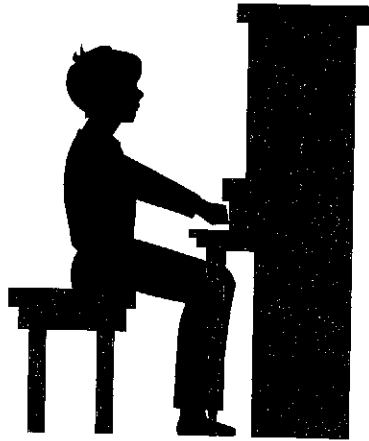


# Sitting at the Piano

## 1. Distance Check

- Sit straight and tall on the front half of the bench.
- With your arms straight, **your knuckles should reach the fallboard.** (If you have to lean, move the bench forward or backward.)

Sit on the front half of the bench.

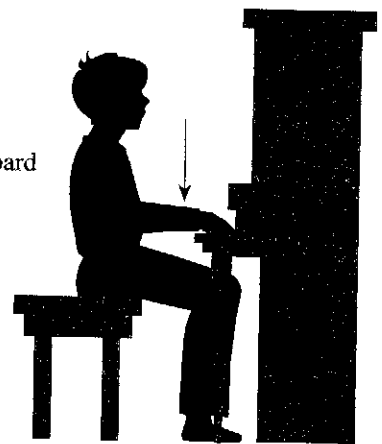


feet flat on the floor

## 2. Seating Height Check

- With shoulders relaxed, place your hands on the keys.
- **Your forearms should be level with the keyboard.** Adjust your seating height up or down as needed.

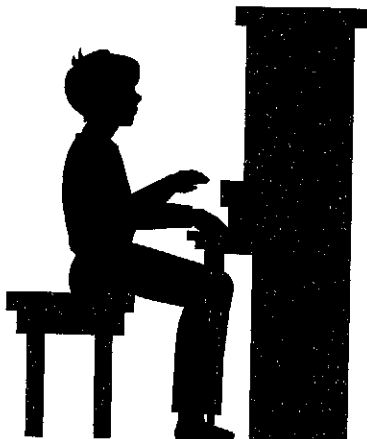
forearms level with the keyboard



## 3. Posture Check

- Take a deep breath and let it out.
- Are you sitting tall, yet with **shoulders down and relaxed?**

shoulders relaxed

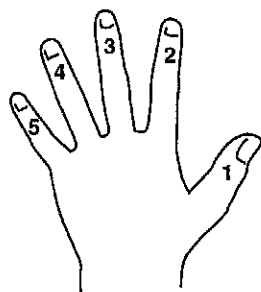


This is your position for playing the piano.

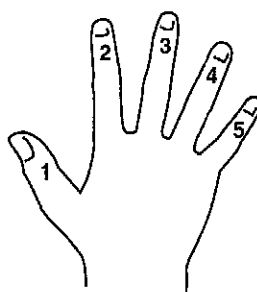
# Finger Numbers

Each finger is given a number—1, 2, 3, 4, or 5.

- Wiggle both finger 1's, finger 2's, finger 3's, finger 4's, and finger 5's.



**L.H.**  
stands for  
Left Hand

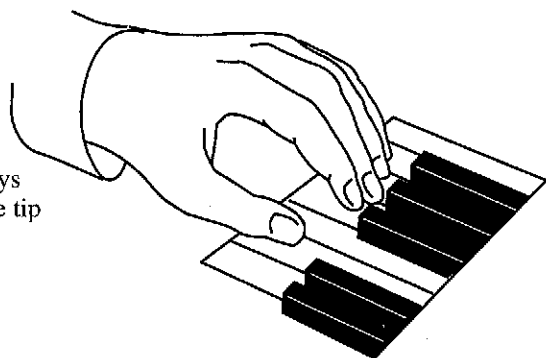


**R.H.**  
stands for  
Right Hand

*Keep your fingernails  
rounded so you can easily  
play on your fingertips.*

rounded hand position

thumb plays  
on the side tip



## Hand Position

- Let your arms hang loosely at your sides.  
Notice the **natural curve** of your fingers.
- Now gently place your hands on the keys.

It is important to keep a relaxed, curved hand position as you play the piano.

## Finger Drill on the Keyboard

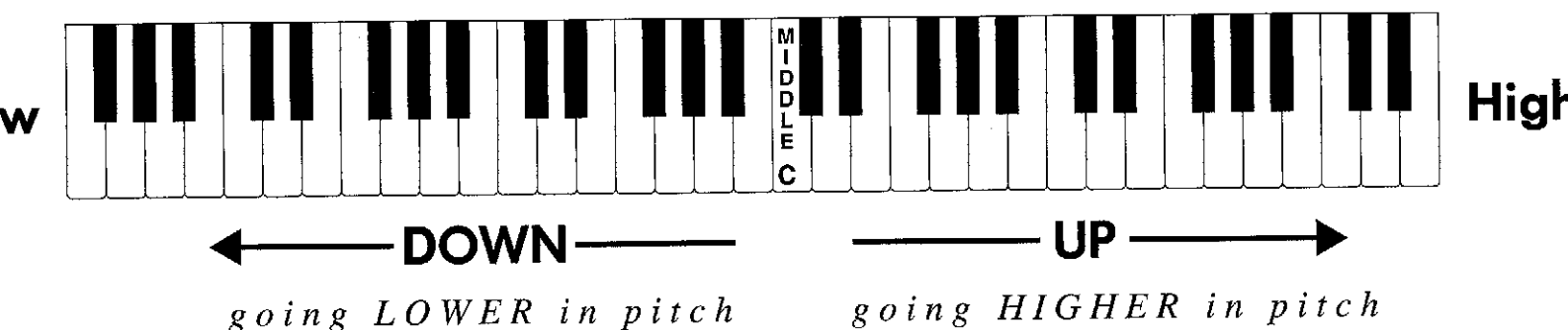
With a **rounded hand position** and **firm fingertips**

1. Choose any white key and play it with **RIGHT HAND** finger 1, then 2, then 3, then 4, then 5.  
(Hint: Play the thumb on the side tip.)
2. Choose any white key and play it with **RIGHT HAND** finger 5, then 4, then 3, then 2, then 1.
3. Choose any white key and play it with **LEFT HAND** finger 1, then 2, then 3, then 4, then 5.
4. Choose any white key and play it with **LEFT HAND** finger 5, then 4, then 3, then 2, then 1.

# High and Low on the Keyboard

The piano KEYBOARD has white keys and black keys.

Notice the black keys are in groups of **two's** and **three's**.

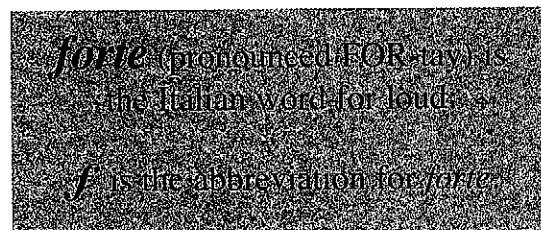


Teacher: Demonstrate the exercises below for the student.

## Wind Chimes for Right Hand

With your right foot, hold the damper pedal down (the pedal on the right).

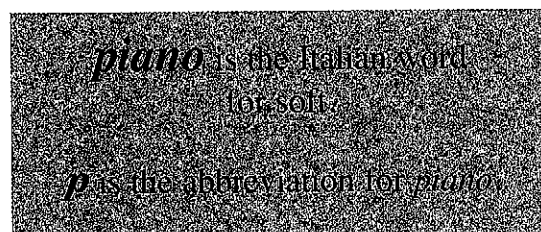
- Begin and end in the MIDDLE of the keyboard.
- Play the 2-black-key groups going UP, then back DOWN the keyboard (higher, then lower). Use R.H. fingers 2 and 3.
- Play *forte* (loudly).



## Wind Chimes for Left Hand

Hold the damper pedal down.

- Begin and end in the MIDDLE of the keyboard.
- Play the 2-black-key groups going DOWN, then back UP the keyboard (lower, then higher). Use L.H. fingers 2 and 3.
- Play *piano* (softly).



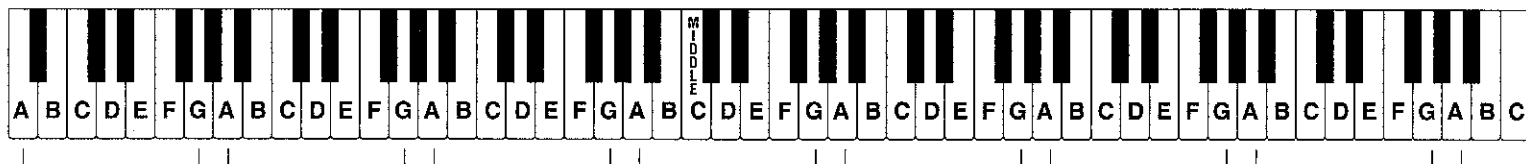
Play *Wind Chimes* using fingers 2-3-4 on the **3-black-key** groups.

# The Music Alphabet

Each white key has a name from the music alphabet: **A B C D E F G**.

Play and name aloud the white keys from *lowest* to *highest*.

(Use L.H. finger 3 for lower notes; R.H. finger 3 for higher notes.)



Write the music alphabet: \_\_\_\_\_

start again with?

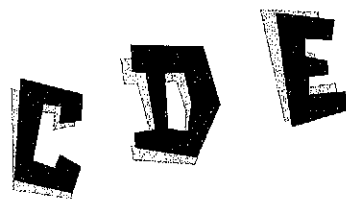
## Learning C-D-E

The 2 black keys will help you find C-D-E.



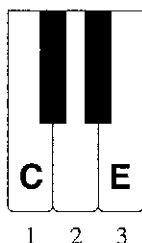
### 1. Use L.H. finger 3 for LOWER notes; R.H. finger 3 for HIGHER notes:

- Play all the **C**'s from *lowest* to *highest*. Play *forte* (*f*).  
(The C in the middle of the keyboard is called Middle C.)
- Play all the **D**'s from *highest* to *lowest*. Play *piano* (*p*).
- Play all the **E**'s from *lowest* to *highest*. Play *forte* (*f*).



### 2. With the damper pedal down, play **C and E together** using R.H. fingers 1 and 3.

Begin in the MIDDLE of the keyboard and play C and E *higher* and *higher*. Play *piano* (*p*).

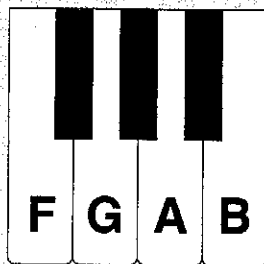


interval of a 3rd

An **interval** is the distance between two keys.  
From C to E is the interval of a **third (3rd)**.

## Learning F-G-A-B

The 3 black keys will help you find F-G-A-B.

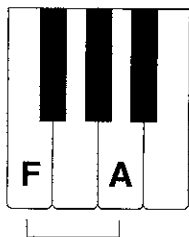


### 3. Use L.H. finger 3 for LOWER notes; R.H. finger 3 for HIGHER notes:

- Play all the **F**'s from *lowest* to *highest*. Play *forte* (*f*).
- Play all the **G**'s from *highest* to *lowest*. Play *piano* (*p*).
- Play all the **A**'s from *lowest* to *highest*. Play *forte* (*f*).
- Play all the **B**'s from *highest* to *lowest*. Play *piano* (*p*).

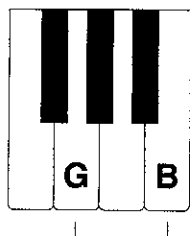


4. With the damper pedal down, play **F and A together** using L.H. fingers 1 and 3. Begin in the MIDDLE of the keyboard and play F and A *lower* and *lower*. Play *piano* (*p*).



Remember, this **interval** is a **3rd**.

5. With the damper pedal down, play **G and B together** using R.H. fingers 2 and 4. Begin in the MIDDLE of the keyboard and play G and B *higher* and *higher*. Play *forte* (*f*).



What interval are you playing? \_\_\_\_\_



Close your eyes and play any white key. Open your eyes and name the key.

# Rhythm

Music has long and short sounds. We count the long and short sounds with a **steady beat** (or pulse). This creates RHYTHM.

## Directions:

1. Clap or tap the "Rhythm Flag" from top to bottom, counting aloud.  
**Feel a steady beat.**
2. Choose any white key and play the notes in the "Rhythm Flag" from top to bottom, then bottom to top. (Your teacher will demonstrate.)  
**Feel a steady beat as you count and play.**

## The Rhythm Flag

### whole note

count: "1 - 2 - 3 - 4"



1 - 2 - 3 - 4

### half notes

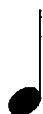
count: "1 - 2 "



1 - 2      1 - 2

### quarter notes

count: "1"



1      1      1      1

DISCOVERY



Play the "Rhythm Flag" with the metronome ticking at:

♩ = 88

♩ = 100

♩ = 112

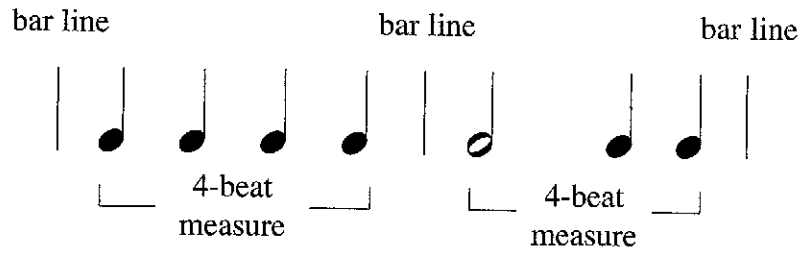
# The Measure

Beats are grouped into measures.

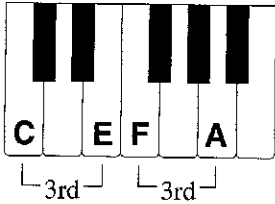
**Each measure has the same number of beats.**

Bar lines divide the music into measures.

- How many measures are in the piece below?



## Warm-up for R.H.



- First practice moving quickly from a C-E 3rd to an F-A 3rd. Use fingers 1-3.



# Rhythm and Blues

**R.H.**

*f*

Count: 1 - 2 1 1 1 - 2 - 3 - 4 1 - 2 1 1 1 - 2 - 3 - 4

While counting measure 4, look ahead to measure 5 to prepare the next position.

**R.H.**

Look ahead!

1 - 2 1 1 1 - 2 - 3 - 4 1 - 2 1 1 1 - 2 - 3 - 4

Double bar line means the end of the piece.

### DISCOVERY



Play *Rhythm and Blues* with **L.H. fingers 3 and 1** on C - E and F - A.

**Teacher Duet:** (Student plays in the middle of the keyboard)

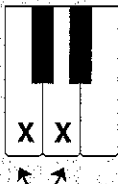


# Seconds (2nds)

Remember, an *interval* is the distance between two keys.

The interval of a **2nd** (or **step**) moves up or down to the:


next KEY

Ex. 

— next LETTER NAME —

**C - D**

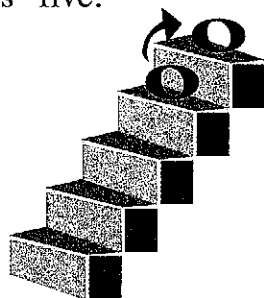
— next FINGER



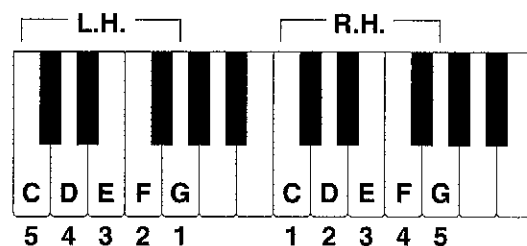
The word scale comes from the Latin word *scala*, meaning “ladder.” The notes of a scale move up and down by **2nds** (steps). Penta means “five.” A *pentascale* is a 5-note scale.

## Practice Suggestions:

1. Play in the middle of the keyboard, saying the letter names aloud. Keep the quarter notes steady.
2. Play in different C Pentascales daily.



## C Pentascale



## Exploring Seconds

**R.H.**

Step- ping up and

*f-p* on repeat

step- ping down, I'm

play- ing quar- ters

stead - i - ly.

Sec- onds down and

sec- onds up, I'm

play- ing sec- onds

eas - i - ly.

**L.H.**

### Repeat sign

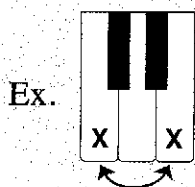
These dots mean to go back to the beginning and play once again.



# Thirds (3rds)

The interval of a **3rd** (or **skip**):

skips a **KEY** — skips a **LETTER NAME** — skips a **FINGER**



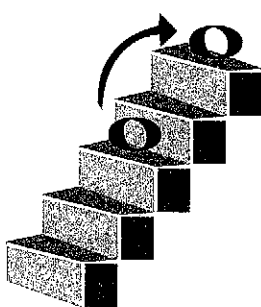
C - E



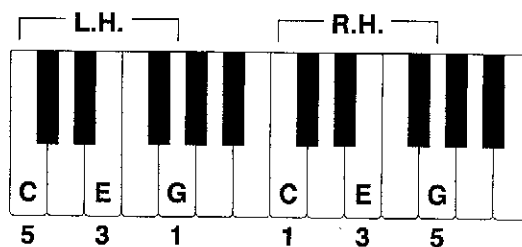
The following piece moves up and down by **3rds** in the C Pentascale.

## Practice Suggestions:

1. First clap or tap the rhythm while counting aloud.
2. Play *in the middle* of the keyboard, saying the letter names aloud. Keep the quarter notes steady.
3. Play in different C Pentascales daily.



## C Pentascale



## Exploring Thirds

R.H. *f* 1 3 5  
C E G  
Ris - ing thirds, ris - ing thirds, skip - ping key to key. (2 - 3 - 4)

R.H. 5 3 1  
C E G  
Ris - ing thirds, ris - ing thirds, rock - ing back to C. (2 - 3 - 4)



Hold the damper pedal down and play any **3rds** *high* on the keyboard.  
Listen to the sound of 3rds.