



PRE – TWINKLE ACTIVITIES – VIOLA (student) (9/7/18)



Feet/Body Posture

- ___ Foot Chart
- ___ Rest Position Feet (red)
- ___ Rest Position Song
- ___ Play Position Feet (green)
- ___ Stop/Go Game

- ___ Take a Bow in Rest Pos

- ___ Make a tree (roots, branches, leaves, flutter)
- ___ hold for 1 Twink Var

Right-Hand (Bow Hand)

- ___ Soft Thumb Bends & Thumb Waves

- ___ Make a Bunny Rabbit (chin, teeth, ears)

- ___ Hop, Hop, Wiggle, Wiggle, Bop Bop

- ___ Bunny Rides (bunny on left forearm w/Twink Rhythm)
 - ___ TA ___ TD
 - ___ TB ___ TE
 - ___ TC ___ Theme

- ___ Bunny Bow Holds 100x
 - ___ Fake Bow ___ Real Bow

- ___ Rocket Rhyme
 - ___ Fake Bow ___ Real Bow

- ___ Bow Flips

- ___ Whisper Tube
 - ___ TA ___ TD
 - ___ TB ___ TE
 - ___ TC ___ Theme

- ___ Circles

Left-Hand (Viola Hand)

- ___ Viola Rest Position to Play Position & Song (Thumb on Thumb Spot, Statue of Liberty, Upside Down, Button to Your Nose, Viola to your Shoulder)

- ___ Viola on Shoulder
 - ___ Fred on Beach & sing/listen
 - ___ Left Hand, Right Shoulder & sing/listen

- ___ Dolphin Hugs
 - ___ Foamola
 - ___ Real Vln

- ___ First Finger Fred Placement, Balance Hat
 - ___ Fred on Beach, Foamola
 - ___ Fred on Fingerboard, Foamola
 - ___ Fred on Beach, Real Vla
 - ___ Fred on Tape, Real Vla

- ___ Pop Goes Weasel
- ___ Ants Rhyme w/Pinky

- ___ Billy Goats

- ___ Dolphin Hug + Monkey Runs
- ___ Touch Set Touch Up
 - ___ 1st Finger Fred

Singing/Other

- ___ Clap/Tap/Shake Hands w/ Twink Var
 - ___ TA ___ TD
 - ___ TB ___ TE
 - ___ TC ___ Theme

- ___ Sing Twinkle Theme
 - ___ toss bean bag
 - ___ body is the beat

- ___ Sing “Where Is Thumbkin?”

- ___ Make a Twinkle Sandwich & Sing Twinkle Theme

- ___ Magic Box (Finger I.D.)

Right Hand + Left Hand

___ Moon Lands

___ Moon Land + Balance ___

___ Bow Rides (My Turn/Your
Turn), A st., "Ready Play"

___ TA ___ TD

___ TB ___ TE

___ TC ___ Theme

___ A String Concerto

___ Elevator Rides with
Simon (Silent String
Changes)

___ Bow Rolls

*(Roll Roll Roll Your Bow Gently to
the D, Merrily Merrily Merrily
Merrily Viola is for me!)*

___ B Natural Song/Flower
Song (Finger, Bow, Go!)

___ Monkey Song
(Finger, Bow, Go!)

___ Bread Song w/Var A
(DDAABBA---- GGF#F#EED----)

___ Cheese Song w/Var A
(AAGGF#F#E----)