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# ANITAELISE PIANO STUDIO

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## **The Lockdown Piano Lessons Challenge**

**Dear Parents and Students,**

*This Lockdown Piano Lessons Challenge* is a set of tasks that will help students explore skills needed to make lockdown living and online learning relaxed and stress-free.

The tasks focus on organization, movement & social interaction, and unhooking from technology. The last, because working on a computer sometimes just takes us from one task to the other, until we realize we've got lost and forgotten what we really needed to do.

I will take up each challenge during our Monday sessions very briefly, and will offer a Saturday 3.30pm session of 15 to 45 minutes for those unable to attend the Monday group class.

### **The Lockdown Piano Lessons Challenge**

- Please print this file, add some blank pages for notes, and attach it to a clipboard so it's easy to write on during class.
- Attend the Monday sessions or message me if you need a Saturday session.
- Children attending will do better if parents know what goals their children are working on.
- All students who have taken the challenge will get a certificate of achievement.

**Let's rock this lockdown and make it work,**

**Anitaelise.**

Set up  
Challenge

Tidy it up  
Challenge

Stretch In  
Between  
Challenge

Create a  
Routine  
Challenge

Digital  
Declutter  
Challenge

Back to  
Basics  
Challenge

Community  
Challenge

Chair  
Dancing  
Challenge

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