

# Practice is a Playground

## 12 Play Stations for Practice

### 1. Dreamers

Dream, wander, wonder, and sit quietly.

Actively use and engage their imagination.

Have a vibrant inner world and may be introverted.

Reflect and review their life and life...

Journal about what they are thinking, feeling, learning and dreaming about.

Listen inside, to hear and know them self.

Enjoy the Silence.

May Meditate.

Play is Solo and alone, even if in a group.

### 2. Movers

Are in their body and move to express them self.

They feel the rhythm and pulse of life in their bodies.

Move to the music they are practicing, while playing or listening to it.

Free movement, Improvisation.

Dance & Choreograph the music.

Use a ball, trampoline, or?

Practice Yoga, Dalcroze, Alexander, Tai Chi, swim, run... and other forms of movement.

Play can be solo or in groups.

### 3. Breathers

Are aware of and play with how thier breath moves.

Ideas they play with and practice are:

Observing their breath, in & out, receive & give...

Yoga Breathing

See my article *The Play of Breath*.

Emotional effect on breathing.

Flute breathing.

May use:  
Breathing Bags  
Breathing Tubes  
Other breathing devices.

Straws  
Paper on the Wall

Play can be solo or in groups.

### 4. Challengers

Make up games and play that challenges themselves and others. Create competition. (competition= to seek together)

Challenge themselves to attain their personal best and highest goals.

Musical Challenges could be:  
the fastest most virtuosic scales and musical patterns,  
the longest most beautiful note, learning the most difficult Etudes.

Competes in Competitions.  
Takes Auditions.

Play is with others.

### 5. Sounders

Are curios and freely make ALL KINDS of SOUNDS!

On their Flute: Experiments with any and all kinds of sounds that are free and improvisatory.

Flute and Voice: Use their flute and their voice to create sound and vocal effects.

With their Voice: Vocalize any phrase or music they are playing/practicing.

Sings the music they are playing, practicing.

Freely express them self using voice and flute.

Play is both alone and in groups.

### 6. Creators

Experiment, question, play and have their own ideas, vision of what they want to Create.

Enjoy doing things their unique way.

Recording Artist: Creating their own recordings & videos.

Composers: Writing their own exercises, music, composing.

Authors: Writing their own pedagogy books or thoughts on music and the flute.

Innovators: Making flutes, head joints, and music tools, and apps...

# Practice is a Playground

## 12 Play Stations for Practice

### 7. Teachers

Enjoy and are curious about the process of learning and teaching it to them self and others.

Profess ideas and enjoy sharing with others.

How am I teaching myself?  
How do others learn?  
How do I teach this to another?

What is another way to learn and to teach this?

May be the leader in a group, a bit bossy... :-)

Play involves both thinking about this alone and sharing with another or in a group.

### 8. Talkers

Converse and talk about what they are doing, and how they are or are going to do it.

Sharing with another about their play, practice & goals.

Talk about:

Pieces they are learning.

Their teacher and their lessons.

What flutist/ music they are listening to.

The Master Class they are in.

How their practice is going.

Plays in pairs or groups.

### 9. Groupies

Do things in Groups. Thrive in and love the group energy.

Making music or learning together via:

Chamber Music: Duo's, trio, quartets, flute choirs, etc.

Large Ensembles: Orchestra, Wind Ensembles and...

Master Classes: Learning, studying, performing, collaborating.

Studio Classes: Learn, perform, communicate, collaborate, connect, support, compete and learn together.

Play in groups.

### 10. Techies

Use technology in their play, practice and performances.

Enjoy the use of what is new.

Some of the things they use are:

Phones

Computers

Cameras

Video Cameras

Apps

Tuners

Metronomes

Microphones

Speakers/Amps

Sound pedals

Electronics

Play is alone and in groups.

### 11. Performers/Actors

Perform for their audiences. Enjoy being in Character/s.

Are in the Play of the moment.

Enjoy the generous feeling and energy they give and receive while performing.

Enjoy being their whole self and exploring and expanding who and what that is.

Create the freedom in themselves to be that BIG on stage.

Play can be alone, in front of a mirror, recordings device or for and with groups.

### 12. Study-ers

Study is a part of their play and practice. Love to learn, curious and are life long learners.

They Study:

Flutists and their own practice & performances.

Scores/ Music, Composers, History, Theory, Musicians, Orchestras, Artists, Learning, Teaching, Body, Brain, Movement...

Want to study and learn all things related to what they love and are passionate about!

Play is both alone and in groups.