

# Posture – “Check 5”

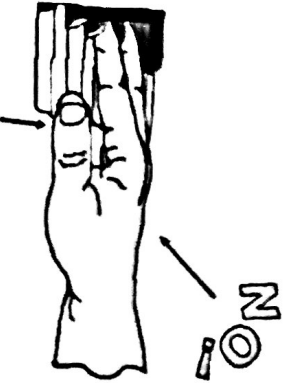
(1)	(2)	(3)	(4)	(5)
BACK	SHOULDERS	ELBOWS	WRISTS	FEET
Straight	Down	Out	Flat	On the floor

- (1) Sit straight!
- (2) Relax Shoulders!
- (3) Imagine your arms and elbows float in the water.
- (4) Place a quarter coin on your wrist. Can you keep it on when you play the piano?
- (5) Feel grounded with both feet on the floor. No crossing legs!



# Hand Shape – “Check 5”

(1)	(2)	(3)	(4)	(5)
HANDS	KNUCKLES	FINGERS	PINKIES	THUMBS
Round	Out	Curved	In	Edge



\*Good hand shape is like holding a tiny egg. Don't break it!!

