

Beginner Piano Practice Routine

Based on Adult Piano Adventures All-in-one Course Book 1 (Pages 1–40)

For each practice session, pick one item from each category below to complete your 5-minute daily focus.

Category 1: Warm-ups

- Ready to Play Posture Check (Page 8)
- The Round Hand Shape Exercise (Page 9)
- Finger Number Drills (1 to 5) (Page 10)
- Two Black Keys Rhythm Warm-up (Page 12)
- Three Black Keys Finger Drop (Page 14)
- Quarter Note & Half Note Clapping (Page 16)
- Bass Clef & Treble Clef Hand Float (Page 18)
- C Pentascale Warm-up (Page 22)
- Warm-up with 3rds (Page 23)
- Interval of a 4th Warm-up (Page 34)
- Interval of a 5th Warm-up (Page 36)

Category 2: Exercises

- The Quarter Note and Half Note Drill (Page 17)
- The Whole Note Time-Keeping Drill (Page 20)
- Tying Notes Drill (Page 26)
- The Alphabet on the Staff Diagram (Page 29)
- 4-Beat Alphabet Drill (Page 30)
- The 3-Beat Alphabet Drill (Page 31)
- Measuring 4ths on the Staff (Page 34)
- Measuring 5ths on the Staff (Page 36)
- Dynamic Drills (Forte and Piano) (Page 38)

Category 3: Songs or Pieces of Music

- The Count Me In Song (Page 13)
- Two Black Key Tune (Page 13)
- Three Black Key Tune (Page 15)
- Merrily We Roll Along (Page 21)
- Ode to Joy (Pages 24–25)
- The Tied Note Melody (Page 27)
- Yankee Doodle (Page 32)
- The 4th Interval Song (Page 35)
- The 5th Interval Song (Page 37)
- Clock Tower Bells (Page 39)

Suggested 5-Minute Time Split

- **Minute 1:** Play your Category 1 Warm-up. Focus strictly on relaxed posture and curved fingers.
- **Minute 2:** Work through your Category 2 Exercise. Say note names or rhythmic counts out loud.
- **Minutes 3–5:** Practice your Category 3 Song. Focus on playing each bar (measure) correctly before moving on to the next bar. Play it through twice if you can. Identify tricky sections and fix them before moving on.



4-Day Sample Practice Routine

Practice 3 to 4 times per week for 5 minutes each session. If you are enjoying it and want to practice more often or for longer, that's great - feel free to do so.

Here is an example practice routine for Week 1.

Day 1: Establishing the Basics

- **Warm-up:** Ready to Play Posture Check (Pg. 8) — *Check your bench height, back straightness, and arm drop.*
- **Exercise:** The Alphabet on the Staff Diagram (Pg. 29) — *Point to the lines and spaces while saying the musical letter names.*
- **Song:** Merrily We Roll Along (Pg. 21) — *Keep your rhythm completely steady. Count out loud if it helps!*

Day 2: Mastering Rhythm and Ties

- **Warm-up:** Quarter Note & Half Note Clapping (Pg. 16) — *Clap steadily while feeling the underlying continuous pulse.*
- **Exercise:** Tying Notes Drill (Pg. 26) — *Hold the tied notes for their full duration without striking again.*
- **Song:** Ode to Joy (Pg. 24–25) — *Connect the notes smoothly (legato) and watch for the tied notes.*

Day 3: Exploring Musical Intervals

- **Warm-up:** Interval of a 4th Warm-up (Pg. 34) — *Focus on the visual skip distance on both the page and the keys.*
- **Exercise:** Measuring 4ths on the Staff (Pg. 34) — *Train your eyes to recognise a line-to-space or space-to-line skip.*
- **Song:** The 4th Interval Song (Pg. 35) — *Listen specifically to the sound leap of the 4th interval.*

Day 4: Expanding Dynamics & Reach

- **Warm-up:** C Pentascale Warm-up (Pg. 22) — *Keep each finger beautifully curved like you are holding a small ball.*
- **Exercise:** Dynamic Drills (Forte & Piano) (Pg. 38) — *Make a clear, deliberate sound difference between loud and soft.*
- **Song:** Yankee Doodle (Pg. 32) — *Bring out the joyful character of the piece with firm fingertips.*

- *Spend a few minutes at the start of each week planning what you will practice.*
- *After your practice, if you feel that a particular exercise or song needs more time, continue to work on it the next time you practice. Only move on when you feel comfortable with the exercise or if it gets boring – after all, we're here to have fun!*



Practice Plan

Practice 3 to 4 times per week for 5 minutes each session. If you are enjoying it and want to practice more often or for longer, that's great - feel free to do so.

Day 1:

- Warm-up: _____ on page _____
- Exercise: _____ on page _____
- Song: _____ on page _____

Day 2:

- Warm-up: _____ on page _____
- Exercise: _____ on page _____
- Song: _____ on page _____

Day 3:

- Warm-up: _____ on page _____
- Exercise: _____ on page _____
- Song: _____ on page _____

Day 4:

- Warm-up: _____ on page _____
- Exercise: _____ on page _____
- Song: _____ on page _____

Day 5:

- Warm-up: _____ on page _____
- Exercise: _____ on page _____
- Song: _____ on page _____

- *Spend a few minutes at the start of each week planning what you will practice.*
- *After your practice, if you feel that a particular exercise or song needs more time, continue to work on it the next time you practice. Only move on when you feel comfortable with the exercise or if it gets boring – after all, we're here to have fun!*



Multi-Week Practice Tracking Log

Use this page as a visual record of your effort and progress!

My goal this month is to practice ____ times per week for about ____ minutes per practice.

		Time Spent Practising (in minutes)						
	Date	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Week Beginning								
	Notes							
Week Beginning								
	Notes							
Week Beginning								
	Notes							
Week Beginning								
	Notes							