



Posture Power

Review: Seating Position

Tips from Tap:

These warm-ups can begin your lessons or practice!

1. Arm Circles

Swing your arms in a big s-l-o-w circle. Feel as if you've swung your shoulders back and hung them on a coat rack!



2. The "I'm Great" Pose

Sit tall on the front half of the bench. With arms straight, your knuckles should reach the fallboard.



Note: If you have to lean, move the bench forward or backward.

3. Ready to Play

Now rest your hands gently on the keys. Your arms should be level with the keyboard. Are you sitting tall yet relaxed?



This is your position for playing the piano.



CREATIVE Your teacher will sit with poor posture at the keyboard. YOU be the teacher and correct the posture!

♪ Tap fell asleep. Can you find him?