



Attitude and Behavior Policy

As per my policy, “Tantrums, explicit or rude language, and violence are all prohibited. I am permitted to end a lesson early if any of these issues prevents the learning process.”

Instead of...

Why can't I... | I can't... | It's too hard... | I'm not good enough... | I'll never...

You're frustrated because you care. Take a breath. Here's what to think instead!

- Work toward your goal and do your best. Then try again tomorrow!
- Try again... but SLOWER! You may be rushing yourself. Slower is not bad.
- Slower and correct, is always better than, Faster and incorrect!
- You haven't got it YET, but you will. Consistent practice is key!
- This is a challenge that will help you grow. Consistent practice is key!
- Sometimes, we just need more time to achieve a goal. Be kind to YOU!
- It's okay to ask for help if you don't know what to do, or are too frustrated.

Instead of...

It's easy... | I don't need to practice... | I'm better than... | I know, I know...

It's healthy to be confident in who YOU are! BUT... Confidence is not the same thing as self-importance or comparing yourself to others! Here's how we fix that.

- If you ever say “easy,” you must give me 2 reasons WHY you are confident.
- If you ever say “I'm better than...” or “I don't need to practice...”, you'll be assigned “self-reflection” homework or must write, “I will compare myself to myself,” 20 times.
- **Here are the phrases we use in my studio for healthy confidence in piano!**

“I feel good about...” “I am confident with...” “I understand how to...”

“It's simple for me because...” “Mrs. Hannah, I understand how to do XYZ...”

We don't practice... To compete, be perfect, or because we aren't good.

We practice to grow and create music! Be a better version of yourself every time you practice or perform! Music is for sharing not comparing. Learn to practice with goal concepts, positivity, and a healthy mindset to be the best you!