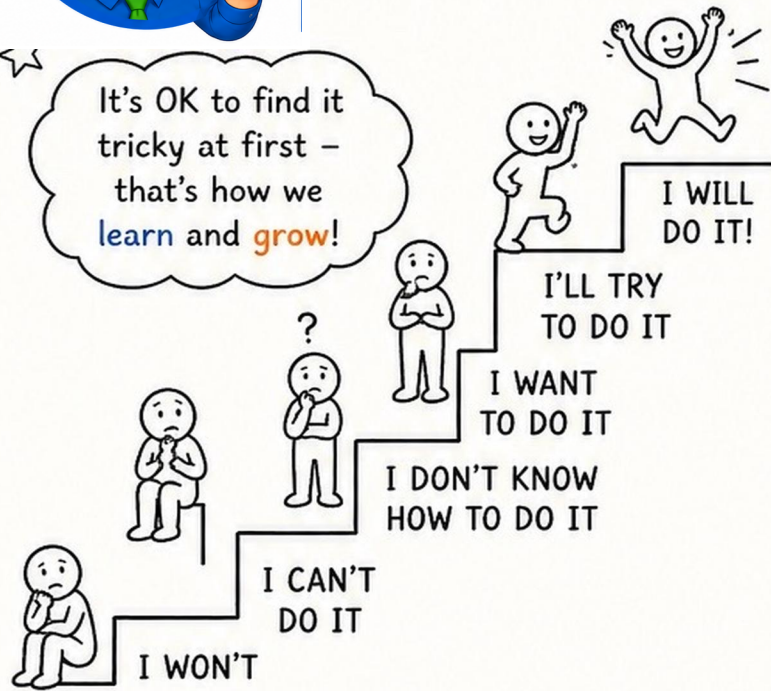




# NEW THINGS START WITH **ONE** STEP

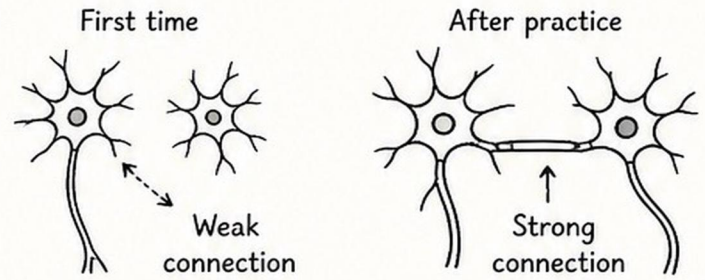


It's OK to find it tricky at first – that's how we **learn** and **grow**!



## WHY DOES IT GET EASIER?

Every time you practice, you build stronger connections in your brain.



This gap is called a **synapse**. It's like a tiny bridge between brain cells.

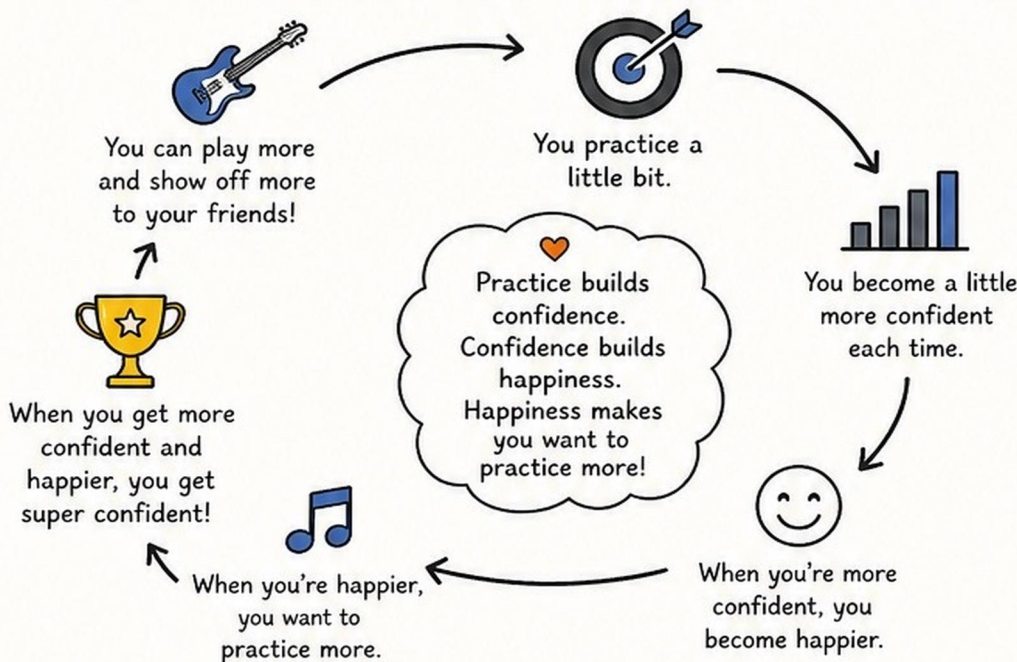
More practice = stronger connections  
Stronger connections = things get easier!

★ Remember: You don't have to be great at something new **YET**. Keep going, keep practising, and you **WILL** get there!

 **Bandy**  
The Ultimate Primary  
School Band Experience

## THE POWER OF PRACTICE

Small steps. Done often. Over time. That's how you get better!



### MAKE PRACTICE EASY!

 **Start small**  
Even 5 minutes is a win.

 **Do it at the same time**  
Make it part of your day.

 **Have everything ready**  
Less fuss = more practice.

 **Track your progress**  
Seeing progress is motivating!

 **Make it fun**  
Play songs you love!

 Good habits today, amazing skills tomorrow!

