











Gerald Mitchell Contracting



TOYOTA DARTMOUTH

Bezanson Orthodontics

Dr. R. H. Bezanson BSc, DDS, Dip Ortho Specialist in Orthodontics





OIL | NATURAL GAS | PROPANE Home Comfort Made Easy











CONSTITUENCY OFFICE

WAVERLEY - FALL RIVER - BEAVER BAN

1265 Fall River Road, Suite 101, Fall River, NS, B2T 1E6 902-576-3411



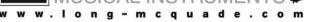
LBN bookkeeping services Bookkeeping and tax preparation

big firm capability with a small firm personality"

Fall River Dental ЛW

> JOURNEY TO WELLNESS LIVING YOUR BEST LIFE





DO NOT LOSE THIS SHEET! DROP AT FRONT DESK WHEN COMPLETE. STUDENT NAME:
CHALLENGE 1: TEACH FOR 10. Teach someone in your home something about your instrument. You can teach them a technique (scale, fingering, ear training), a part of a song, a strumming pattern, etc. The teaching session must be a minimum of 10 minutes in length .
Have the person you taught sign here when complete:
Date:
Who I Taught:
What I Taught:
Adult/Witness Signature:
CHALLENGE 2: PERFORM for 10. Perform for someone not living in your home - virtual or in-person.
Note: performing at the studio will not count:) Make a list of what you will perform - aim for at least 10
minutes of songs to perform. For beginners, this may mean playing several pieces several times ;)
Have an adult/witness sign here when complete:
Date:
I played (list of pieces/works):
I played for (person):
Adult/Witness Signature:
CHALLENGE 3: LISTEN FOR 10. Create a playlist that is a minimum of 10 minutes long (typically 3 or more songs). Give the playlist a title that fits the songs in it (Sam's Chill-in Music, My Pump-Up List,
Songs for the Winter Blahs). Then set time aside to do NOTHING ELSE, but listen to the list. Maybe on
your way to the studio, to a game, before bed - your choice!
Have an adult/witness sign here when complete:
Date:
Name of my Playlist:
List two songs on the playlist:
Adult/Witness Signature:

CHALLENGE 4: MUSIC IN COLOUR

Colour the Cover of your Joyful Sounds Dictation Notebook! When complete, find a way to make a colour copy of your work - either take a picture and print it, copy and print, etc. Submit the copy for display on our walls. Make sure your name is somewhere on the work. Don't have access to a printer? We've got copies at the front desk!