

# The “I’m Great” Pose

## Posture at the Piano



Carlos

1. Sit **STRAIGHT** and **TALL** on the front part of the bench.



Marta

2. With arms straight, your knuckles should touch the **FALLBOARD**. If you have to lean, move the bench forward or backward.



Dallas



Katie

3. Silently place your hands in a loose fist on the **KEYS**. Your arms should be level with the keyboard. If not, you may need to sit on a cushion. Is your back still straight?

This is your **I'M GREAT POSE!**

4. Try the I'm Great Trick!  
Balance a small stuffed animal on your head. Can you keep your great **POSTURE** while your teacher counts to 10?