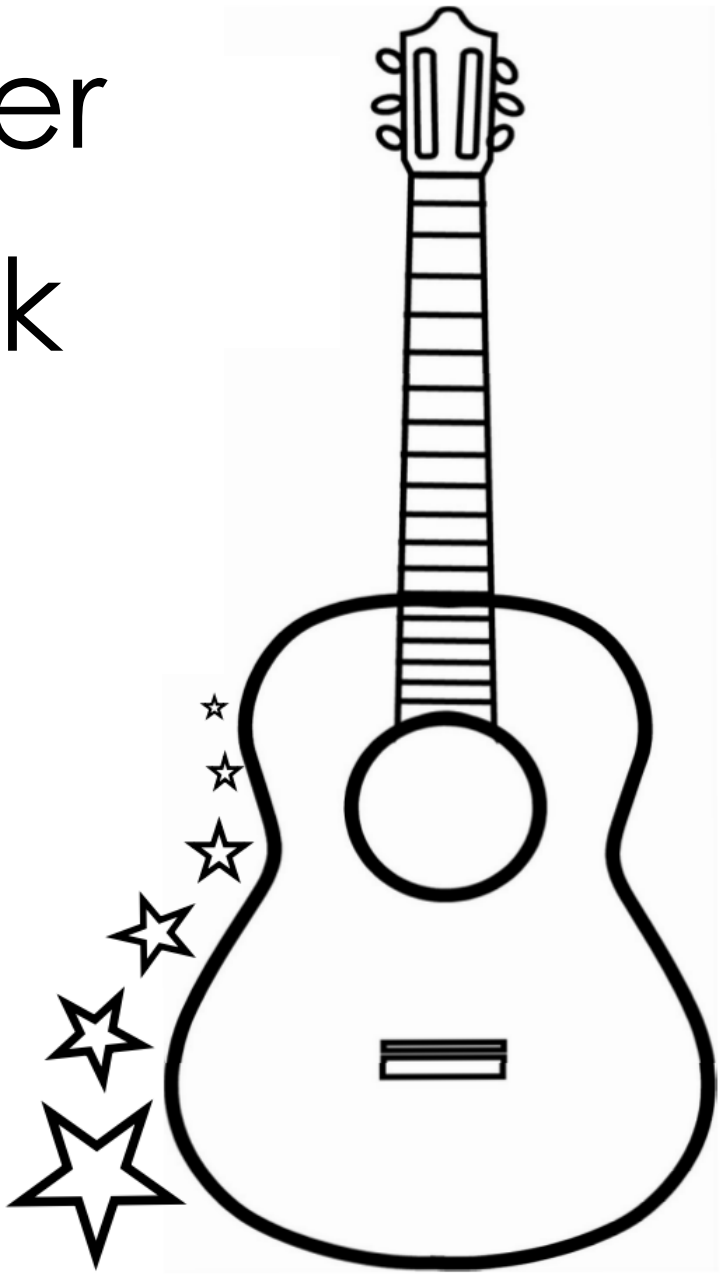
NMPAT

Northamptonshire Music and Performing Arts Trust

# My Beginner Guitar Book



Inspire • Nurture • Excel

This book belongs to: _____

School: _____

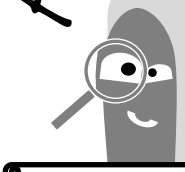
www.NMPAT.co.uk

NMPAT

# Welcome to the Guitar Team!

Here's what you need to do to be BRILLIANT...

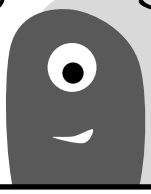
## focus



To **'focus'** means you are choosing to pay attention to what is going on around you by listening and watching your teacher, and modelling good behaviour to others.

**To be present at all times!**

## enthusiasm



**'Enthusiasm'** is an infectious quality! You are being enthusiastic when you show an active interest in what you are doing, helping others to enjoy the experience too.

**Look for the positive in every situation!**

## perseverance



You show **'perseverance'** when you keep going until you've got the job done, even if it is challenging and hard work to do.

**Keep going even when the going gets tough!**

## nurture



To **'nurture'** is to look after people and things to make sure they are safe and happy.

It is important to look after yourself as well as others.

**Show care and attention to others.**

## excel



No one can do better than their personal best! If you are trying your hardest, and doing your best then you are a success.

Make sure you **excel** at being you!

**Try your hardest, do your best**

Check out www.NMPAT.co.uk/resources for more cool stuff

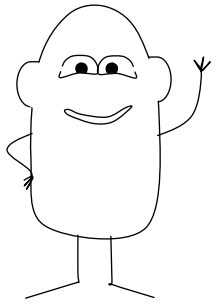
**Hello! My name is _____ and I will be your guitar teacher.**

**I can be contacted by email:_____@nmpat.co.uk**

**Your lessons will normally be on a _____**

**You should bring to *every* lesson:**

1. This book
2. Your NMPAT practice diary
3. Your guitar



# Things to remember:

- Look after your instrument - guitars have feelings too!
- If you think there is a problem with your guitar, let me know and I will see how we can fix it. Please don't try to fix it yourself.
- Try to play your guitar every day—check your practice diary to see what you need to work on each week
- Listen to the sound you make and aim for the best sound you can manage
- Sit up nice and straight when you play and remember which leg the guitar rests on
- Keep your fingers walking!
- **Enjoy!** Playing an instrument is a very special thing!

**Some equipment that will help you to practice at home is:**

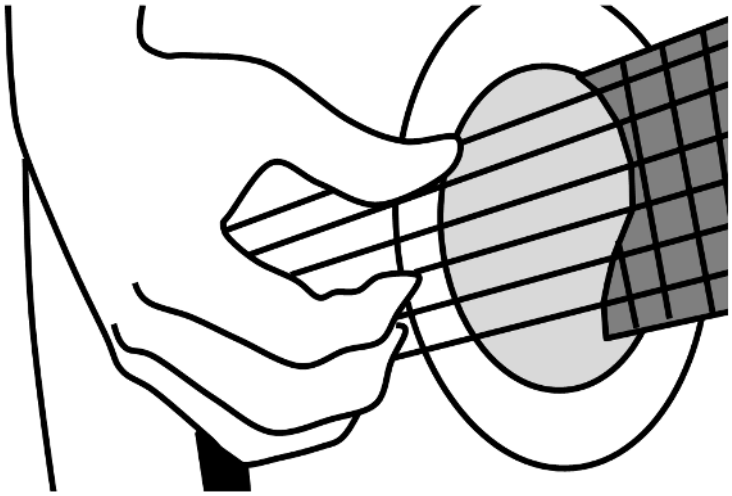
- A metronome or smartphone app
- A music stand
- A foot stool

You can view our welcome video online:

**www.nmpat.co.uk/resourcesforschools#Lessons**

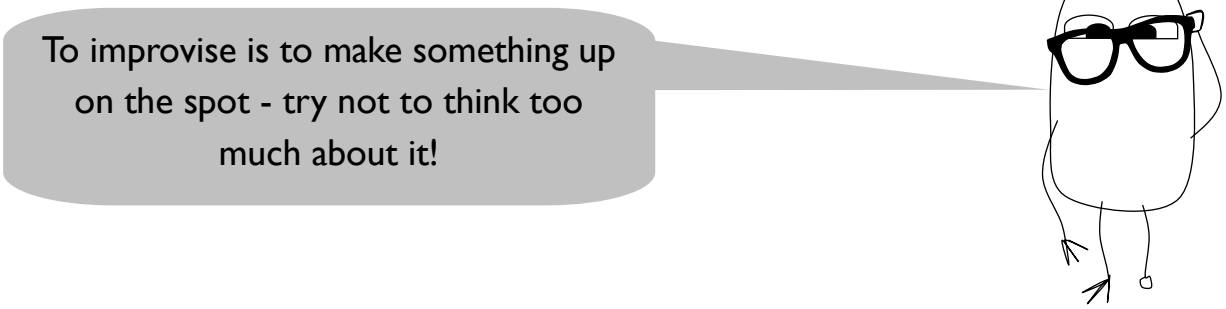
# Playing position

- Put your guitar on your left leg
- Put your right elbow on the top of the guitar
- Make a bridge shape with your arm so that your wrist doesn't touch the body of the guitar
- Rest your thumb on the string nearest the ceiling
- Make a train tunnel shape with your hand



# Ideas for your first practice

- Repeat walking your fingers on the first three strings - can you change between the strings?
- Clap, and then play, 12 steady notes to sound like a clock chiming midnight - make sure there are even spaces between the notes!
- Play each note you have learnt with the best sound possible - are you sitting in the correct playing position?
- Play your notes in a different style - try to sound calm, excited, heavy, light…
- Be the teacher and show a friend or family member everything you've learnt so far
- Make up some music of your own - there is space in this book to write it down, or you could try some improvisation!



# Listening games!

You could try some of these games at home and teach the rules to your friends and family!

## Elephant and mouse

- Play each note as loudly as possible and then as softly as possible
- Make sure you're not making a twangy sound

## Copy Cat

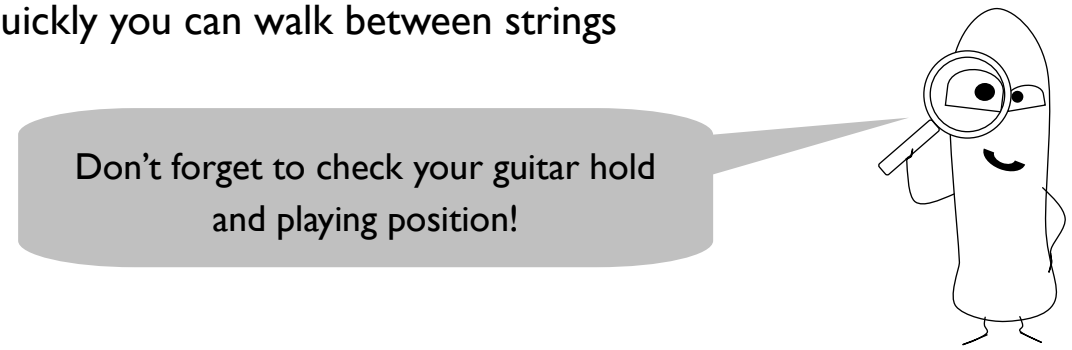
- Listen to a short phrase from your teacher and then copy it back in exactly the same way
- Then we can swap jobs!

## Plug the gap

- Decide on a new phrase with your teacher and play it together
- Take it in turns to play answering phrases in between
- Maybe you could use your favourite foods or films for inspiration!

## String crosser

- Walk your fingers for 8 counts on one string, then try 8 counts on a different string
- Gradually decrease the number of counts (7 on each, then 6…) until you're walking once on each string
- See how quickly you can walk between strings



# The E and B strings

**You will find demo and backing tracks for all the tunes in this book at: www.nmpat.co.uk/resources#Guitar**

There is a short introduction and then you will hear "1, 2, 3, 4" to count you in. The track goes through each piece twice and there is a count in both times.

## Sock & Roll

E E E E E E E E

E E E E E E E E

E E E E E E E E

E E E E E E E E

shh shh shh shh shh shh shh shh

E E E E E E E E

## Johnny "Bee" Goode

B B B B B B B B

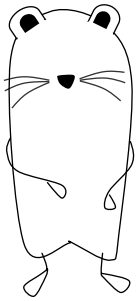
B B B B B B B B

B B B B B B B B

B B B B B B B B

shh shh shh shh shh shh shh shh

B B B B B B B B



Listen carefully to the backing track and make sure you play note exactly in time

# The E, B and G strings

## The Colours of the Rainbow

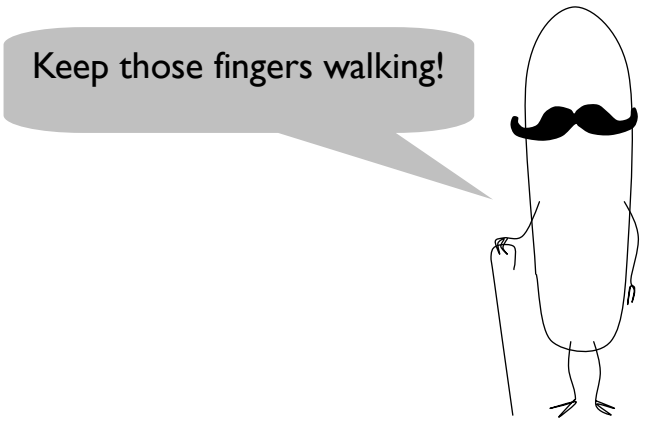
E____ B____ G____ B____

B G B E B G E ____

E____ B____ G____ B____

B E B E G B G B

E____ E____ E_____




## Ben the Cat

E E E E B B B B

G G G G B____ B____

E E E E B B B B

G G G G E____ E____

## Cool Cucumber

E B E B E E E shh

E B E B B B B shh

E E E shh B B B shh

E E E shh E shh shh shh

## BE/BB

B E B E B B B shh

B E B E E E E shh

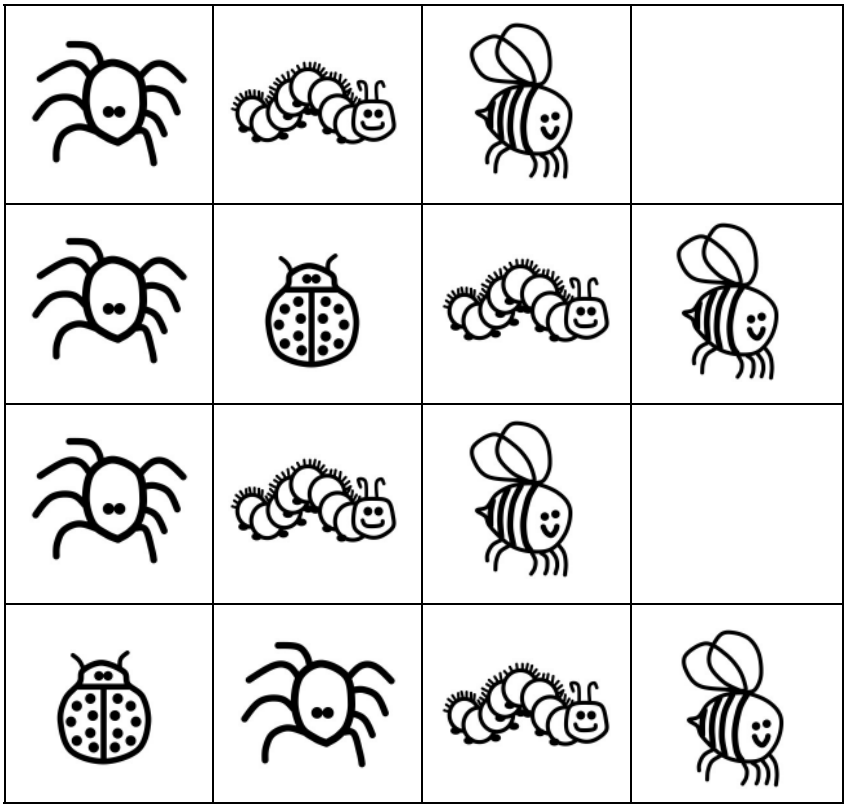
B B B shh E E E shh

B B B shh E shh shh shh



# Making music ...with bugs!

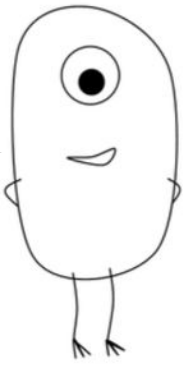
## Let's develop a way to play this grid:



### Here are some things to think about:

- Say and clap each rhythm first
- Each bug could be a different note
- Can you spot any "shh" sounds?
- You could make each bug a different **dynamic**
- What speed will you play it?
- How many different ways are there to play these patterns?

**Dynamics** are how loud or soft the music is… how would you play a loud note on the guitar?



# My tune: _____

**Now have a go at writing your own tune!**

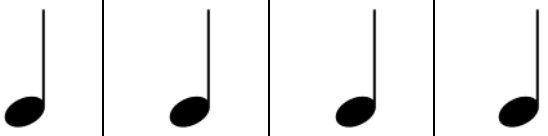
You could use the bugs from the previous page, or use your own symbols. Don't forget to give it a cool title!

| | | | |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |

**Why not perform your new piece to your class!**

# Musical maths!

Music using lots of different note lengths to create interesting rhythms. Some of these notes and their names are below:

| | | |
|---|---|---|
| Semibreve | 4 beats |  |
| Minim | 2 beats |  |
| Crotchet | 1 beat |  |
| Quaver | Half a beat each |  |

## Rhythm match!

**Can you match up the words to their notated rhythms?**



Fish and chips
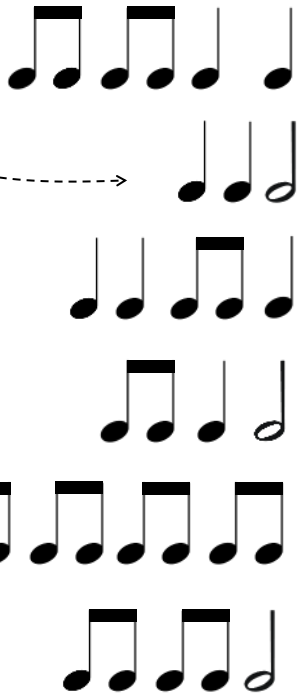
Salt and vinegar

Sausage and mash

Apple pie and custard

Indiana Jones

Pirates of the Caribbean

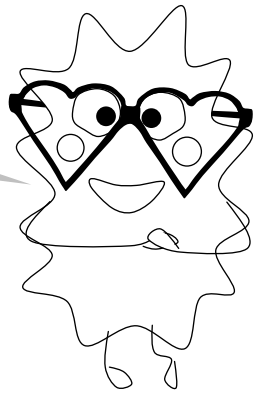


# Good habits

- Each time you practice at home, mark it in your practice diary
- Share your practice diary with your parents and ask them to sign it at the end of each week
- Try to practice in a quiet room with no distractions - no TV!
- Use good posture - sit up straight! Looking good = sounding good
- Use a music stand if you can, to make sure your music is at the right height for you to see it clearly while still having good posture
- Practice as often as you can - you could perform a mini concert to your family at the end of each week to share the progress you've made!

**Don't forget to take a bow**

Check out the back page for info on NMPAT Centres - a great place to start playing with other budding musicians!



# Next steps...

Now you've taken your first steps in learning to play the guitar, it's time to buy your first tutor book! This is the one I recommend:

**Title:** _____

**By:** _____

**Publisher:** _____

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# NMPAT Saturday Centres

## Open the door to NMPAT and find **connection, creativity and opportunity**

Music and performing arts group lessons, ensembles, activities and events. For anyone age 3 upwards, on Saturday mornings in a venue near you.




Your first term is fully funded, **no charge!** Sign-up here: http://bit.ly/NMPATCentres

#FirstComeFirstServed #GetPlaying #BeHeard #DoWhatYouLove
#FindYourPeople #TrySomethingNew #NMPositiviT

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