

Explore: Sit Smart, Play Better

Invite students on a **Posture Quest** to become *comfortable, confident pianists*. They learn to build a stable, flexible, ready-to-move body, and discover how good posture makes playing feel easy and free.

Set Up Your Piano “Base Camp”

- Read pages 6–7 with the students and download [A Posture Checklist for Pianists](#).
- Tell students: “Before every adventure, explorers set up a strong base camp. Pianists do the same!”
- Using the *Piano Posture* image on page 6 of *Piano Inspires Kids*, guide students as they follow the base camp rules:
 - Sit on the front half of the bench.
 - Place both feet flat on the floor.
→ If feet don’t reach, add a footstool or book.
 - Form a 120° angle at the elbow, moving the bench back/forward as needed.
 - Raise/lower the bench (or use bench pads) so elbows are level with or slightly above the keys.
- Have students stand up, shake out their arms, and sit back down to lock in the setup.
- Complete the posture checklist to help students see if their bodies are ready to play the piano. After completing it, pause briefly and ask them which items felt comfortable and which needed more attention.

Freeze Frame! Take a Posture Picture

- Tell students: “Freeze! Capture your best piano posture.” Other students, parents, or teachers take a photo of the pianist at the piano.
- Photo Check
 - Feet on the floor
 - Sitting on the front half of the bench
 - Elbows angled at 120°
 - Hands resting on or just above the keys
- Students compare the photo(s) to the posture image and their checklist.

Try It Out

- Have students play a short exercise or a familiar piece.
- Ask:
 - Does your body feel balanced?
 - Do your arms and hands feel free to move?

Celebrate students for completing the **Posture Quest!**

For further exploration of healthy, efficient piano posture, read [“How Do You Ensure Good Posture at the Piano. Especially in Home Practice?”](#) by Steven H. Roberson and co-authors in *Keyboard Companion* (Spring 1991).