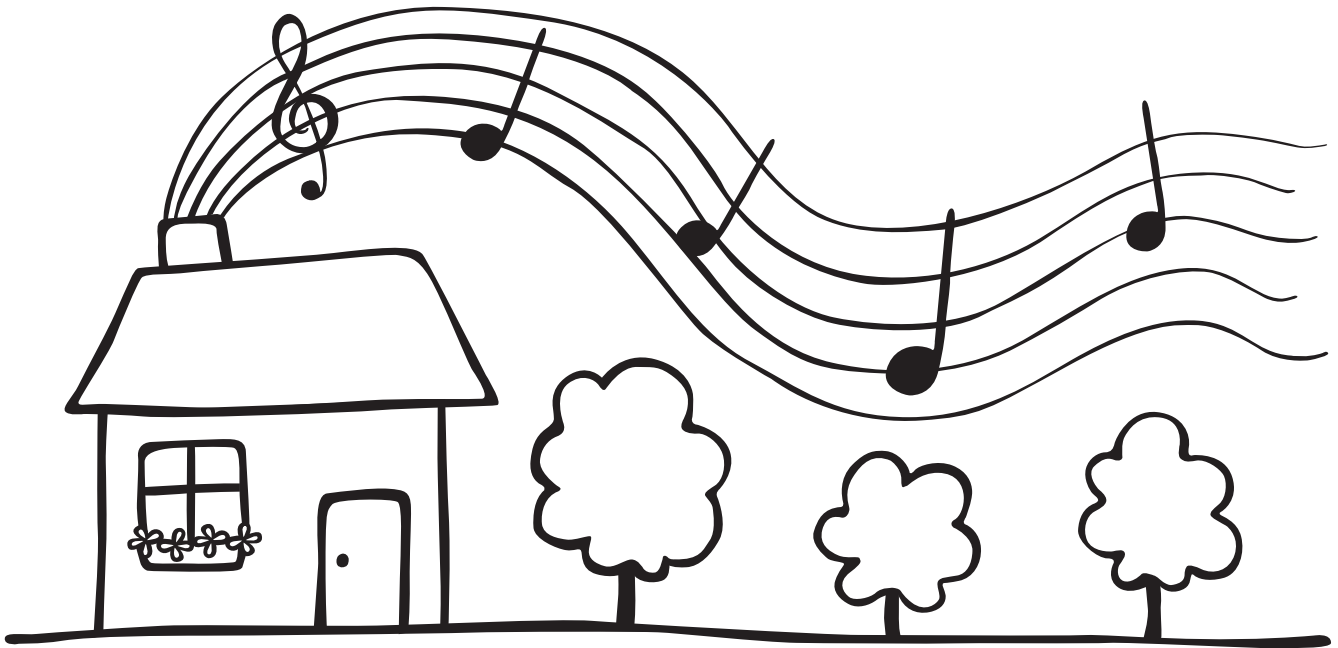


# My Music Quarantine Capsule



Name \_\_\_\_\_

Date \_\_\_\_\_

City/State \_\_\_\_\_

Instrument \_\_\_\_\_

Current Music Teacher \_\_\_\_\_

The 3 things I am most excited to do when quarantine is over:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# My Music Quarantine Capsule

On a weekly basis, answer the following questions:

How am I feeling today?



What music did I practice or listen to?

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What is my favorite at-home practice location?

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What are 3 things I'm grateful for?

1. 

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2. 

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3. 

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What are 3 goals for the week?

1. 

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2. 

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3. 

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What have I learned about myself?

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