



# Music Ed Insights



Three Insights to take with you from...  
**Optimizing Health, Wellness, and Happiness  
with Ann Smith**

**1. Incorporate a variety of short, medium, and long duration activities into rehearsals to develop students' mental and physical stamina over time. Track the time spent on each to ensure a balanced approach across a concert cycle.**

**2. Prioritize your own health and wellness in the five key areas (eating, sleep, fitness, mental well-being, community) to teach and connect with students more effectively. Modeling self-care will help students understand its importance for their own well-being and performance.**

**3. Consider ways to integrate movement, physical warmups, and awareness of body positioning into lessons to improve musicianship skills like balance and coordination. Incorporate these regularly to physically and mentally prepare students for focused practice.**