

Final Recital Preparation Review

BibleMouse.com

Understanding Rest and Mental Preparation

Name: _____

Date: _____

Answer the following questions based on what you learned about mental preparation for your final recital.

1. What are two mental preparation strategies you learned about for performing?

2. Performance anxiety is not normal for children.

True False

3. What Bible verse can remind us of our strength before a performance?

- A. Philippians 4:13
- B. Psalm 23:1
- C. John 3:16

4. Prayer can help you feel ____ and confident before a performance.

5. How can mistakes during a performance contribute to learning?

6. Which of the following can be a calming technique before a performance?

- A. Deep breathing
- B. Eating candy
- C. Running fast

7. Sharing your musical gifts is an opportunity to shine for God.

True False

8. Why is it important to have confidence before performing?

9. God gives us ____ and courage to perform well.

10. What is one way to prepare mentally for a performance?

- A. Avoid practicing
- B. Pray and reflect
- C. Worry about mistakes

Answer Key

1. One strategy is practicing calming techniques, and another is using positive self-talk. 2. False 3. Philippians 4:13 4. calm 5. Mistakes help us realize what we need to improve on and teach us to keep trying. 6. Deep breathing 7. True 8. Confidence helps us to focus and share our gifts without fear of making mistakes. 9. strength 10. Pray and reflect