1. Cut out the “Creatures of Habit” below. Let your piano students choose their favorite creature to take home.

2. Instruct your piano students to place their “Creatures of Habit” in an often-used area of their homes… like the door of the fridge, the bathroom mirror, the front door, the TV.

3. Create an “If-Then Plan” for what your piano students will do (their Micro Quota) when they catch a glimpse of their creature.