



## Handbell Showmanship Shortcuts: Start with the WHY!

What motivates you? Why did you join the group? Why are you still a part of the group?

Evaluate: What do you enjoy about being a part of a group? Which of the following are the most motivating to you?

**Possible Motivations for Expressiveness:** Search your feelings. Give each potential motivation a number from 1 to 10.

- Self** - *Better Musicianship* through:
  - Personal Growth and Development:** Challenge oneself and grow by embracing new experiences.
  - Building Confidence:** Increase self-confidence and self-esteem by pushing past comfort zones.
  - Sense of Achievement:** Satisfaction from navigating challenges and pushing limits.
  - Professional Advancement:** Enhance skills and presence for professional growth and/or recognition.
  - Exploration of Identity:** Discover personal identity through expressive acts.
  - Self-Expression:** Authentically express identity, emotions, and creativity.
  
- Connection** - *Musical Service* through:
  - Connection with Others:** Foster meaningful relationships through shared emotional experiences.
  - Communication and Storytelling:** Effectively communicate narratives and stories.
  - Inspiring Others:** Inspire and motivate others, whether you serve as a role model or a vessel.
  - Social Impact:** Make a positive impact on society and advocate for social causes.
  - Educational Outreach:** Teach and mentor others, helping them develop their own expressive skills.
  - Community Building:** Use performances to bring people together and strengthen community bonds.
  
- Emotion** - *Musical Enjoyment* through:
  - Joy:** Enjoyment and fulfillment from performing and sharing talents.
  - Cathartic Release:** Therapeutic value of expressing and releasing pent-up emotions.
  - Escape and Entertainment:** Escape routine or stress through immersive performances.
  - Challenge and Adventure:** Embrace new challenges and adventurous aspects of performance.
  - Spiritual or Emotional Connection:** Seek spiritual or emotional fulfillment through performances.
  - Creative Expression:** Channel creativity and artistic vision into performances for personal and audience enjoyment.

Are you surprised by how many things might motivate you? What other motivations do you have?



# Handbell Showmanship Shortcuts: Practice Perfects & Persists Performance

"That which we persist in doing becomes easier for us to do; not that the nature of the thing is changed, but that our power to do is increased." - Heber J. Grant

- 1) Evaluate what isn't going right      2) Look for ways to work on it      3) Work on it      4) Re-evaluate

We need to *eventually* practice things the way that we want them. We won't magically improve if we don't practice something or keep practicing things wrong.

**Example showmanship concepts:** Practice a different concept each week, or apply a repeating concept to a different song each week.

	Practice At Rehearsal	Practice On The Go	Practice At Home
1	<b>Visualize a song:</b> Find what mood(s) you want to portray. Discuss what you might do as a group, or whether each person will individually perform the mood of the song.	<b>Visualize a song:</b> Find what mood(s) you want to portray. Be ready to discuss potential techniques to portray the mood.	<b>Visualize a song:</b> Find what mood(s) you want to portray. Be ready to discuss potential techniques to portray the mood.
2	<b>Posture:</b> Stand with one foot further forward than the other instead of both feet side by side.	<b>Think about posture:</b> Why will you stand a certain way? How should the audience perceive you?	<b>Standing posture:</b> In front of a mirror, practice hunching over vs. standing tall. What might it look like from the director's perspective?
3	<b>Body language:</b> What is the desired look? Practice gestures, turning pages, standing & sitting, walking on & off, changing positions, picking up and putting down bells, breathing techniques, coordinated ducking down and standing tall, etc.	<b>Envision:</b> Why are you going to act the way you will act when performing? How will the audience perceive your body language? How will you compare to the rest of the ensemble?	<b>In front of a mirror:</b> Practice desired body language. What can you enjoy doing? This is not about what your body looks like, but what you do with your body, and why.
4	<b>Smile while playing:</b> Visualize something that helps you portray the right mood.	<b>Smile while driving:</b> Practice changing your mood when you are distracted.	<b>Smile in the mirror:</b> Practice different types of musical moods.
5	<b>Who has the melody?</b> Practice knowing which notes are part of the melody (or should be the focus for the audience). Make those notes physically stand out. For example: ring these bells higher than other bells.	<b>Listen to songs:</b> Practice hearing different instruments, melodies, harmonies and other parts. Visualize how a soloist might perform the melody.	<b>Watch some performances:</b> Look for different instruments, melodies, harmonies and other parts. How do the soloists perform their parts?
6	<b>Watch the director:</b> Practice looking up once per measure. How far ahead in each measure can you memorize so you can look up?	<b>Think about watching the director:</b> Although this currently may be very difficult for you, what does it look like from the audience's perspective if you only look at your music?	<b>Brainstorm:</b> What can you practice to improve your ability to <i>watch the director</i> ? When you aren't playing, what can you do to make sure you don't get lost?

Introduce one new concept each week near the end of a rehearsal. Practice it for the rest of that rehearsal, on the way home, at home, on the way back to the next rehearsal (or any time on the go), and review again at the next rehearsal. Has it improved? Ask what is the most difficult. Are they motivated to improve?