Music Appreciation & Piano

音乐欣赏与钢琴

A Self-Study Course for Lifelong Learners

为终身学习者准备的自学课程

8 Lessons · Self-Paced · Bilingual

8 课 · 自定进度 · 双语

全球银龄学院 / Global Academy of Lifelong Learning

Welcome / 欢迎

Welcome to Music Appreciation & Piano! You do not need any previous music training to enjoy this course, and you do not need to own a piano. Each lesson invites you to listen, to learn a little about how music works, and to try playing — on a piano, a keyboard, or even a free keyboard app on a phone or tablet.

欢迎来到《音乐欣赏与钢琴》！您不需要任何音乐基础，也不需要拥有一架钢琴。每节课都会邀请您聆听、了解音乐的奥秘，并尝试演奏——无论是在钢琴、电子琴，还是手机或平板上的免费键盘应用上。

How to use this course / 如何使用本课程： Work through the lessons in order, at your own pace. Each lesson takes about 60 minutes. At the end of every lesson you will find a short self-graded quiz ("Check yourself") and an answer key at the back of the book, so you can check your own progress. There are no exams and no grades from anyone else — this course is for your own enjoyment.

如何使用本课程：请按顺序学习，您可以按自己的节奏进行。每节课大约需要 60 分钟。每节课结束时都有一个简短的自测小测验（“自我检查”），书后附有答案，您可以自己检查学习进度。没有考试，也没有别人给您打分——这门课是为了您自己的乐趣。

A note on the music in this course / 关于本课程音乐的说明： We describe famous pieces and composers, but we do not reproduce copyrighted lyrics or sheet music. Everything you are asked to play or sing is either a simple original exercise or a well-known public-domain melody described in words.

关于本课程音乐的说明：我们会介绍著名的乐曲和作曲家，但不会复制受版权保护的歌词或乐谱。要求您演奏或演唱的内容，都是简单的原创练习，或用文字描述的著名公共领域旋律。

Lesson 1: Why Music Moves Us — Listening with Fresh Ears

第一课：音乐为何打动我们——用全新的耳朵聆听

Goal: Discover how listening attentively changes what you hear. / 目标：发现专注聆听如何改变您的听觉体验。

Listening, Really Listening / 真正地聆听

Most of us hear music every day — in shops, on the radio, in the background of our lives. But listening on purpose is different. When you sit down, close your eyes, and give a piece of music your full attention for just three minutes, you begin to notice things you never heard before: a quiet instrument underneath, a melody that returns, a feeling that grows and fades.

我们每天都会听到音乐——在商店里、收音机里、生活的背景中。但是有目的地聆听是不同的。当您坐下来，闭上眼睛，全神贯注地聆听一首乐曲短短三分钟，您就会开始注意到以前从未注意到的东西：一件安静的乐器、一段反复出现的旋律、一种渐起渐落的情感。

Music moves us because it speaks the language of feeling. A fast, loud passage can make your heart beat faster; a slow, gentle melody can

calm you. Composers have used these effects for centuries, and listeners of every age can learn to hear them more clearly.

音乐之所以打动我们，是因为它说的是情感的语言。快速而响亮的乐段会让您的心跳加快；缓慢而柔和的旋律会让您平静下来。作曲家们几个世纪以来一直在运用这些效果，而任何年龄的听众都可以学会更清晰地听到它们。

Try This: Your First Listening Session / 试一试：您的第一次聆听练习

1. Choose a piece of music you love — any kind at all. / 选择一首您喜欢的乐曲——任何类型都可以。
2. Find a quiet place, sit comfortably, and press play. / 找一个安静的地方，舒适地坐下，按下播放键。
3. Close your eyes and listen from beginning to end without doing anything else. / 闭上眼睛，从头到尾聆听，不要做其他任何事。
4. Notice: What instruments do you hear? Is the music fast or slow? How does it make you feel? / 注意：您听到了哪些乐器？音乐是快还是慢？它让您有什么感受？
5. Listen a second time and see if you notice something new. / 再听一遍，看看您是否注意到了新的东西。

Try this / 试一试

Keep a small listening notebook. After each listening session, write down the name of the piece, one thing you noticed, and one word for how it made you feel. Over eight lessons, your notebook will become a map of your musical journey.

准备一个小小的聆听笔记本。每次聆听后，写下乐曲的名字、您注意到的一件事，以及一个描述感受的词。学完八课，您的笔记本将成为您音乐之旅的地图。

Check yourself / 自我检查

1. What is the difference between hearing music in the background and listening on purpose? / 在背景中听到音乐和有目的地聆听有什么区别?
2. Name one thing you might notice when you listen a second time. / 说出一件您在第二次聆听时可能注意到的东西。
3. True or false: A fast, loud passage can make your heart beat faster. / 判断正误：快速而响亮的乐段会让您的心跳加快。
4. What three things should you write in your listening notebook? / 您的聆听笔记本里应该写哪三样东西?

5. Why is it a good idea to close your eyes while listening? / 为什么聆听时闭上眼睛是个好主意?

Lesson 2: The Language of Music — Melody, Rhythm, and Harmony

第二课：音乐的语言——旋律、节奏与和声

Goal: Learn the three building blocks of music and hear them in real pieces. / 目标：学习音乐的三大基石，并在真实乐曲中听到它们。

Three Building Blocks / 三大基石

Melody / 旋律 is the tune — the line of notes you can hum or sing. When a song stays in your head, it is the melody you remember.

旋律就是曲调——您可以哼唱的那一行音符。当一首歌留在您的脑海里，您记住的就是旋律。

Rhythm / 节奏 is the beat — the pattern of long and short sounds in time. Clap along to a song and you are feeling its rhythm. Rhythm is what makes you want to tap your foot.

节奏就是节拍——声音长短交替的模式。跟着歌曲拍手，您感受到的就是节奏。节奏让您忍不住想打拍子。

Harmony / 和声 is what happens when notes sound together. A single melody played with supporting notes underneath becomes richer and

deeper — that support is harmony.

和声是音符同时发声时产生的效果。一段旋律配上伴奏的音符，就会变得更加丰富深厚——这种配合就是和声。

Try This: Hear the Three Blocks / 试一试：听出三大基石

1. Play a familiar song. First, hum only the melody. / 播放一首熟悉的歌曲。先只哼唱旋律。
2. Play it again and clap the beat, ignoring the tune. / 再播放一遍，只拍打节拍，忽略曲调。
3. Listen a third time and notice the sounds underneath the melody — those are the harmony. / 第三遍注意旋律下面的声音——那就是和声。
4. Try the same exercise with a piece of classical music. / 用一首古典乐曲做同样的练习。
5. Write in your notebook which of the three was easiest for you to hear, and which was hardest. / 在笔记本里写下：三者中您最容易听到的是哪一个，最难的是哪一个。

Try this / 试一试

Choose your favourite song and describe it in three sentences: one about its melody, one about its rhythm, and one about its harmony.

You do not need special words — your own words are perfect.

选择您最喜欢的一首歌，用三句话描述它：一句讲旋律，一句讲节奏，一句讲和声。您不需要专业词汇——您自己的语言就是最好的。

Check yourself / 自我检查

1. What is melody? / 什么是旋律?
2. What is rhythm, and what does it make you want to do? / 什么是节奏？它会让您想做什么?
3. What is harmony? / 什么是和声?
4. True or false: A melody played with supporting notes underneath is called harmony. / 判断正误：旋律配上伴奏音符就叫和声。
5. Name one way to practise hearing rhythm on its own. / 说出一种单独练习听节奏的方法。

Lesson 3: Meeting the Piano — Keys, Posture, and First Sounds

第三课：认识钢琴——琴键、坐姿与最初的声音

Goal: Know your way around the keyboard and play your first notes with confidence. / 目标：熟悉键盘，满怀信心地弹出最初的音符。

The Keyboard Is a Friendly Map / 键盘是一张友好的地图

Look at any piano keyboard and you will see a repeating pattern: groups of two black keys, then groups of three black keys, all the way along. This pattern never changes. Once you can spot the groups of two and three, you can find any note.

看任何一架钢琴的键盘，您都会看到一个重复的模式：两个黑键一组，接着是三个黑键一组，一直重复下去。这个模式永远不变。一旦您能认出两黑键组和三黑键组，您就能找到任何音符。

The white key just to the left of each group of two black keys is called C. Find all the C notes on the keyboard — they are your landmarks. The C near the middle of the keyboard is called "middle C" (中央 C), and it is a wonderful home base for beginners.

每组两个黑键左边的白键叫做 C。找到键盘上所有的 C 音——它们就是您的地

标。键盘中间附近的 C 叫做“中央 C”，是初学者极好的起点。

Posture / 坐姿： Sit up straight but relaxed, with your feet flat on the floor and your hands curved gently, as if you were holding a small ball. Relaxed hands make a beautiful sound; tense hands make a hard sound.

坐姿：身体坐直但放松，双脚平放在地上，双手轻轻弯曲，就像握着一个小球。放松的双手能发出优美的声音；紧张的双手发出的声音则生硬。

Try This: Your First Five Notes / 试一试：您的最初五个音

1. Find middle C and place your right thumb on it. / 找到中央 C，把右手拇指放在上面。
2. Place your other four fingers on the next four white keys: D, E, F, G. / 把其余四指放在接下来的四个白键上：D、E、F、G。
3. Play each note slowly, one at a time, listening to each sound. / 缓慢地逐个弹奏每个音，聆听每一个声音。
4. Play up from C to G, then back down from G to C. / 从 C 弹到 G，再从 G 弹回 C。
5. Try playing a simple pattern: C–E–G, then G–E–C. You have just played your first little melody! / 试着弹一个简单的模式：C–E–G，再 G–E–C。您刚刚弹出了您的第一段小旋律！

Try this / 试一试

No piano at home? A free keyboard app on a phone or tablet works beautifully for this lesson. Search your app store for "piano keyboard" and choose a free app with good reviews. The keys and the pattern of black keys are exactly the same.

家里没有钢琴？手机或平板上的免费键盘应用同样非常适合本课。在应用商店搜索“钢琴键盘”，选择一款评价好的免费应用。琴键和黑键的模式是完全一样的。

Check yourself / 自我检查

1. What repeating pattern do you see on a piano keyboard? / 钢琴键盘上有什么重复的模式?
2. Where is C? / C 在哪里?
3. What is middle C, and why is it a good home base? / 什么是中央 C？为什么它是好的起点?
4. Describe good piano posture in one sentence. / 用一句话描述良好的钢琴坐姿。
5. True or false: Relaxed hands make a more beautiful sound

than tense hands. / 判断正误：放松的双手比紧张的双手发出更优美的声音。

Lesson 4: Reading Music Without Fear — Notes, Staff, and Simple Songs

第四课：无惧读谱——音符、五线谱与简单的歌曲

Goal: Read your first simple music notation and play a simple song. / 目标：读懂最初的简单乐谱，并弹奏一首简单的歌曲。

The Staff Is Just Five Lines / 五线谱只是五条线

Written music looks complicated, but it is really a picture of sound. Notes sit on a **staff / 五线谱** — five horizontal lines. Higher notes sit higher on the staff, lower notes sit lower. That is the whole secret: the picture goes up when the sound goes up.

乐谱看起来很复杂，但它其实是声音的图画。音符写在**五线谱**上——五条横线。音越高，在谱上的位置就越高；音越低，位置就越低。这就是全部的秘密：声音升高，图画也升高。

Notes also have shapes that tell you how long to hold them. A hollow note with no stem is held longest; add a stem and it is shorter; fill it in black and it is shorter still. You do not need to memorise everything at once — learn one shape at a time, and always connect it to a sound you play.

音符的形状还告诉您要保持多长时间。空心无符干的音符保持最长；加上符干就短一些；涂成黑色就更短。您不需要一次记住所有内容——一次学一种形状，并且始终把它和您弹出的声音联系起来。

Try This: Read and Play / 试一试：读谱并弹奏

1. Look at a simple beginner piece (your teacher, a book, or a free beginner website can provide one). / 找一首简单的初级乐曲（老师、书本或免费的初级网站都可以提供）。
2. Find the first note on the staff. Is it high or low? Find that key on the keyboard. / 找到谱上的第一个音。它是高还是低？在键盘上找到这个键。
3. Play the first three notes slowly, one at a time. / 缓慢地逐个弹奏前三个音。
4. Now play the whole first line, slowly and steadily. / 现在缓慢而平稳地弹奏第一行。
5. Celebrate! Reading music is a skill that grows with every page. / 庆祝一下！读谱是一项随着每一页练习而增长的技能。

Try this / 试一试

Write out the notes C–D–E–F–G on a piece of paper, drawing five lines and placing the notes so that each one sits a little higher than the last.

You have just written your first staff notation.

在一张纸上画出五条线，把 C–D–E–F–G 的音符画上去，让每个音符比前一个高一点。您刚刚写出了您的第一份五线谱。

Check yourself / 自我检查

1. What is a staff? / 什么是五线谱?
2. If a note sits higher on the staff, is the sound higher or lower? / 如果音符在谱上的位置更高，声音是更高还是更低?
3. What do the shapes of notes tell you? / 音符的形状告诉您什么?
4. True or false: You must memorise all notation before you play anything. / 判断正误：您必须先记住所有乐谱符号才能开始弹奏。
5. What is a good first step when you meet a new piece of music? / 遇到一首新乐曲时，好的第一步是什么?

Lesson 5: Great Composers and Their Stories — Bach, Mozart, Beethoven, and Beyond

第五课：伟大的作曲家及其故事——巴赫、莫扎特、贝多芬等

Goal: Meet three great composers and hear what makes each one special. / 目标：认识三位伟大的作曲家，聆听每位作曲家的独特之处。

Three Lives in Music / 音乐中的三个人生

Johann Sebastian Bach (1685–1750) / 约翰·塞巴斯蒂安·巴赫 wrote music of beautiful order and pattern, like a perfectly built garden. Listen to one of his gentle keyboard pieces and notice how the melodies weave together, each voice clear and calm.

约翰·塞巴斯蒂安·巴赫（1685–1750）创作的音乐有着优美的秩序和模式，就像一座完美修建的花园。聆听他的一首柔和的键盘乐曲，注意旋律如何交织在一起，每个声部都清晰而平静。

Wolfgang Amadeus Mozart (1756–1791) / 沃尔夫冈·阿马德乌斯·莫扎特 began composing as a small child. His music is bright, clear, and full of melody — it often sounds like smiling. Try his famous piano sonatas and notice how easily the tunes sing.

沃尔夫冈·阿马德乌斯·莫扎特（1756–1791）从小就开始作曲。他的音乐明亮、清晰，充满旋律——常常听起来像微笑。试听他著名的钢琴奏鸣曲，注意曲调是多么容易歌唱。

Ludwig van Beethoven (1770–1827) / 路德维希·凡·贝多芬 wrote music of great feeling and power, even after he lost his hearing. His famous opening of four notes — short, short, short, long — is one of the best-known sounds in all of music. Notice how a tiny idea can grow into something enormous.

路德维希·凡·贝多芬（1770–1827）创作了充满情感和力量的音乐，即使在他失去听力之后。他著名的四个音符开头——短、短、短、长——是整个音乐中最为人熟知的声音之一。注意一个微小的想法如何成长为庞大的乐章。

Try This: Composer Listening / 试一试：作曲家聆听

1. Choose one short piece by each composer — a search for "Bach piano easy listening", "Mozart piano sonata", and "Beethoven famous opening" will help you find them. / 每位作曲家各选一首短曲——搜索“巴赫钢琴轻松聆听”、“莫扎特钢琴奏鸣曲”和“贝多芬著名开头”可以帮助您找到它们。
2. Listen to each piece once, with your eyes closed. / 闭上眼睛，各听一遍。

3. Write one word for each composer in your notebook: How did Bach feel? Mozart? Beethoven? / 在笔记本里为每位作曲家写一个词：巴赫给您什么感觉？莫扎特？贝多芬？
4. Share your words with a friend or family member and compare. / 把您的词语分享给朋友或家人，比较一下。
5. Pick your favourite of the three and listen to one more piece by that composer. / 选出您最喜欢的一位，再听他的一首乐曲。

Try this / 试一试

Imagine you are writing a letter to one of these composers. In three sentences, tell them what you heard in their music and what it made you feel. Letters like this make listening personal and memorable.

想象您正在给其中一位作曲家写信。用三句话告诉他，您在他的音乐中听到了什么，它让您有什么感受。这样的信会让聆听变得个人化而难忘。

Check yourself / 自我检查

1. Which composer wrote music of beautiful order and pattern? / 哪位作曲家创作了有着优美秩序和模式的音乐？

2. Which composer began composing as a small child? / 哪位作曲家从小就开始作曲？

3. Which composer kept writing powerful music after losing his hearing? / 哪位作曲家在失去听力后仍继续创作充满力量的音乐?

4. Describe Beethoven's famous four-note opening in words. / 用语言描述贝多芬著名的四个音符开头。

5. True or false: Mozart's music often sounds bright and full of melody. / 判断正误：莫扎特的音乐常常听起来明亮而充满旋律。

Lesson 6: Music from Around the World and Across the Ages

第六课：世界各地的音乐与各个时代的音乐

Goal: Explore how different cultures and eras make music their own way. / 目标：探索不同文化和时代如何以各自的方式创造音乐。

One World, Many Sounds / 一个世界，多种声音

Every culture has music, and every culture's music sounds a little different. Chinese traditional music often uses five-note scales that give it a floating, spacious feeling; Indian classical music builds long, flowing melodies over a steady drone; African drumming layers many rhythms at once, inviting the whole community to move; European folk dances use lively tunes that are easy to remember and dance to.

每一种文化都有音乐，而每一种文化的音乐听起来都略有不同。中国传统音乐常用五声音阶，带来飘逸、开阔的感觉；印度古典音乐在持续的低音上构建悠长流动的旋律；非洲鼓乐同时叠加多种节奏，邀请整个社区一起舞动；欧洲民间舞曲则用活泼易记的曲调。

Music also changes across the ages. Medieval chant is calm and chant-like; Baroque music is ornate and patterned; Classical music is

balanced and clear; Romantic music is emotional and grand; music of our own time includes jazz, film music, pop, and much more. You do not need to like everything — but tasting widely helps you discover what you love.

音乐也随着时代而变化。中世纪圣咏平静而吟诵；巴洛克音乐华丽而富有模式；古典音乐均衡而清晰；浪漫主义音乐情感丰富而宏大；我们这个时代的音乐包括爵士乐、电影音乐、流行音乐等等。您不需要喜欢所有音乐——但广泛品尝能帮助您发现自己的所爱。

Try This: A World Tour in Five Pieces / 试一试：五首乐曲的世界之旅

1. Pick five pieces from five different traditions or eras — for example, one Chinese traditional piece, one African drumming piece, one Baroque piece, one Romantic piece, and one jazz piece. / 从五种不同的传统或时代各选一首乐曲——例如，一首中国传统乐曲、一首非洲鼓乐、一首巴洛克乐曲、一首浪漫主义乐曲和一首爵士乐。
2. Listen to each piece for at least two minutes. / 每首至少聆听两分钟。
3. For each piece, write down: What instruments do I hear? Is it fast or slow? What feeling does it give me? / 对每首乐曲写下：我听到了

哪些乐器？是快还是慢？它给我什么感觉？

4. Choose your favourite of the five and listen to it again, all the way through. / 选出五首中最喜欢的一首，从头到尾再听一遍。
5. Tell a friend about the piece you discovered — sharing music doubles the joy. / 把您发现的乐曲告诉一位朋友——分享音乐会让快乐加倍。

Try this / 试一试

Make a playlist called "My World Tour" with your five pieces. Play it when friends visit, and let each guest pick a favourite. Music is a wonderful way to start a conversation.

制作一个名为“我的世界之旅”的播放列表，收录您的五首乐曲。朋友来访时播放它，让每位客人选出最喜欢的一首。音乐是开启对话的绝佳方式。

Check yourself / 自我检查

1. Name one feature of Chinese traditional music mentioned in this lesson. / 说出本课提到的中国传统音乐的一个特点。
2. What is special about African drumming? / 非洲鼓乐有什么特别之处？

3. Describe Baroque music in two words. / 用两个词描述巴洛克音乐。

4. True or false: You must like every kind of music to enjoy this course. / 判断正误：要享受本课程，您必须喜欢每一种音乐。

5. What should you write down for each piece on your world tour? / 在世界之旅中，对每首乐曲您应该写下什么?

Lesson 7: Playing Together — Simple Duets and Singing Along

第七课：一起演奏——简单的二重奏与跟唱

Goal: Enjoy making music with another person, even as a beginner. / 目标：即使作为初学者，也能享受与他人一起创造音乐。

Music Is Better Shared / 分享让音乐更美好

Making music alone is satisfying, but making music with someone else is joyful in a different way. A **duet / 二重奏** is simply a piece played by two people. One person can play the melody while the other plays a few supporting notes, or two people can take turns playing short phrases, like a friendly conversation.

独自创造音乐令人满足，但与他人一起创造音乐则有另一种快乐。**二重奏**就是由两个人演奏的乐曲。一个人可以弹奏旋律，另一个人弹奏几个伴奏音符；或者两个人轮流弹奏短乐句，就像友好的对话。

You do not need to be advanced to play a duet. In fact, the simplest duets are the most fun: one player plays C–E–G slowly while the other plays a low C again and again, like a heartbeat. Add singing, and you have a little home concert.

您不需要达到高级水平就能演奏二重奏。事实上，最简单的二重奏最有趣：一位演奏者缓慢地弹奏 C–E–G，另一位反复弹奏低音 C，就像心跳。加上歌唱，您就拥有了一场小小的家庭音乐会。

Try This: Your First Duet / 试一试：您的第一首二重奏

1. Invite a partner — a spouse, a friend, a grandchild, anyone. / 邀请一位伙伴——配偶、朋友、孙辈，任何人都可以。
2. Player One plays C–E–G, slowly, four times. / 演奏者一缓慢地弹奏 C–E–G，共四遍。
3. Player Two plays a low C on the first beat of each round, like a drum. / 演奏者二在每轮的第一拍弹奏一个低音 C，像鼓点一样。
4. Swap roles and play again. / 交换角色，再弹一遍。
5. Now try singing a familiar simple song together while one of you plays the melody notes slowly. / 现在试着一起唱一首熟悉的简单歌曲，同时其中一人缓慢地弹奏旋律音符。

Try this / 试一试

Plan a five-minute "home concert" for your family: one piece you play alone, one duet, and one song everyone sings together. Performing for people who love you is the warmest kind of practice.

为家人策划一场五分钟的“家庭音乐会”：一首您独奏的乐曲、一首二重奏，

以及一首大家一起唱的歌。为爱您的人表演是最温暖的练习。

Check yourself / 自我检查

1. What is a duet? / 什么是二重奏?
2. Describe one simple duet two beginners can play. / 描述一首两位初学者可以演奏的简单二重奏。
3. True or false: You must be advanced to enjoy playing a duet. / 判断正误：要享受二重奏，您必须达到高级水平。
4. What three parts make a good five-minute home concert? / 一场好的五分钟家庭音乐会包括哪三部分?
5. Why is making music with another person joyful? / 为什么与他人一起创造音乐是快乐的?

Lesson 8: My Musical Journey — Building a Listening and Playing Habit

第八课：我的音乐之旅——养成聆听与演奏的习惯

Goal: Build a simple, lasting daily habit of music in your life. / 目标：在生活中养成简单而持久的日常音乐习惯。

Small Habits, Lasting Joy / 小习惯，持久的快乐

You have come a long way: you can listen with attention, name melody, rhythm, and harmony, find your way around the keyboard, read simple notation, recognise great composers, explore music from around the world, and even play a duet. The final step is the simplest one: keep going, a little at a time.

您已经走了很远：您可以专注聆听，说出旋律、节奏与和声，在键盘上找到方向，读懂简单的乐谱，认识伟大的作曲家，探索世界各地的音乐，甚至演奏二重奏。最后一步是最简单的一步：坚持下去，一次一点点。

Choose a habit you can truly keep. Ten minutes of listening with your morning tea. One song played slowly after lunch. A new piece explored every Sunday. Habits that are small and pleasant last; habits that are big and demanding fade. Music should be a friend in your

day, not another chore.

选择一个您真正能坚持的习惯。早上喝茶时聆听十分钟。午饭后缓慢地弹奏一首歌。每周日探索一首新乐曲。小而愉快的习惯才能持久；大而费力的习惯会消退。音乐应该是您一天中的朋友，而不是另一件家务。

Try This: Write Your Plan / 试一试：写下您的计划

1. Look back through your listening notebook and circle your three favourite discoveries. / 回顾您的聆听笔记本，圈出您最喜欢的三个发现。
2. Choose one listening habit and one playing habit for the coming month. / 为下个月选择一个聆听习惯和一个演奏习惯。
3. Write them on the progress checklist below, with the time of day you will do them. / 把它们写在下面的进度清单上，并写下您要进行的时间。
4. Invite one person to join you — a listening partner makes habits stronger. / 邀请一个人加入您——聆听伙伴会让习惯更坚固。
5. After one month, review your plan and celebrate what you kept. Then choose the next step. / 一个月后，回顾您的计划，庆祝您坚持下来的部分。然后选择下一步。

Try this / 试一试

Teach one thing from this course to someone else — a grandchild, a friend, a neighbour. Teaching is the best way to remember, and it passes the joy of music on to another person.

把本课程中的一样东西教给别人——孙辈、朋友、邻居。教学是最好的记忆方式，也把音乐的快乐传递给了另一个人。

Check yourself / 自我检查

1. Name three skills you learned in this course. / 说出您在本课程中学到的三项技能。
2. Why do small, pleasant habits last longer than big, demanding ones? / 为什么小而愉快的习惯比大而费力的习惯更持久?
3. Give one example of a listening habit and one of a playing habit. / 各举一个聆听习惯和演奏习惯的例子。
4. True or false: Music should feel like a friend in your day, not another chore. / 判断正误：音乐应该是您一天中的朋友，而不是另一件家务。
5. What is the best way to remember what you learned,

according to this lesson? / 根据本课，记住所学内容的最好方法是什么?

My Progress Checklist / 我的进度清单

Check off each step as you complete it. / 每完成一步，就打勾。

- ☐ Lesson 1: I listened attentively to a piece I love. / 第一课：我专注地聆听了一首我喜欢的乐曲。
- ☐ Lesson 2: I can name melody, rhythm, and harmony. / 第二课：我能说出旋律、节奏与和声。
- ☐ Lesson 3: I played my first notes on the keyboard. / 第三课：我在键盘上弹出了最初的音符。
- ☐ Lesson 4: I read and played a simple piece of notation. / 第四课：我读懂并弹奏了一首简单的乐谱。
- ☐ Lesson 5: I listened to Bach, Mozart, and Beethoven. / 第五课：我聆听了巴赫、莫扎特和贝多芬。
- ☐ Lesson 6: I took a five-piece world tour of music. / 第六课：我完成了五首乐曲的世界之旅。
- ☐ Lesson 7: I played a duet with someone. / 第七课：我与他人合奏了一首二重奏。
- ☐ Lesson 8: I wrote my listening and playing plan. / 第八课：我写下了我的聆听与演奏计划。
- ☐ My daily listening habit: _____ / 我的日常聆听习惯：_____

- ☐ My daily playing habit: _____ / 我的日常演奏习惯：_____

Answer Key / 答案

Lesson 1 / 第一课： 1. Listening on purpose means giving the music your full attention; background hearing happens while you do other things. / 有目的地聆听是指全神贯注于音乐；背景聆听发生在您做其他事时。 2. A quiet instrument underneath, a returning melody, a growing or fading feeling. / 一件安静的乐器、一段反复出现的旋律、渐起渐落的情感。 3. True / 正确。 4. The name of the piece, one thing you noticed, one word for how it made you feel. / 乐曲的名字、注意到的一件事、描述感受的一个词。 5. Closing your eyes removes distractions so you hear more. / 闭上眼睛可以去除干扰，让您听到更多。

Lesson 2 / 第二课： 1. The tune — the line of notes you can hum or sing. / 曲调——可以哼唱的一行音符。 2. The beat, the pattern of long and short sounds; it makes you want to tap your foot. / 节拍，长短声音的模式；它让您想打拍子。 3. Notes sounding together, supporting a melody. / 音符同时发声，为旋律提供支撑。 4. True / 正确。 5. Clap the beat while ignoring the tune. / 忽略曲调，只拍打节拍。

Lesson 3 / 第三课： 1. Groups of two black keys alternating with groups of three black keys. / 两个黑键一组与三个黑键一组交替。 2. The white key just left of each group of two black keys. / 每组两个黑键左边

的白键。 3. The C near the middle of the keyboard; a home base for beginners. / 键盘中间附近的 C；初学者的起点。 4. Sit straight but relaxed, feet flat, hands gently curved. / 坐直但放松，双脚平放，双手轻轻弯曲。 5. True / 正确。

Lesson 4 / 第四课： 1. Five horizontal lines on which notes are written. / 书写音符的五条横线。 2. Higher. / 更高。 3. How long to hold the note. / 音符保持的时间长短。 4. False — learn one shape at a time while playing. / 错误——边弹边一次学一种形状。 5. Find the first note, decide if it is high or low, and find that key. / 找到第一个音，判断高低，找到对应的键。

Lesson 5 / 第五课： 1. Bach / 巴赫。 2. Mozart / 莫扎特。 3. Beethoven / 贝多芬。 4. Short, short, short, long. / 短、短、短、长。 5. True / 正确。

Lesson 6 / 第六课： 1. Five-note scales giving a floating, spacious feeling. / 五声音阶带来飘逸、开阔的感觉。 2. Many rhythms layered at once, inviting the community to move. / 多种节奏同时叠加，邀请社区一起舞动。 3. Ornate and patterned. / 华丽而富有模式。 4. False — tasting widely helps you discover what you love. / 错误——广泛品尝帮助您发现所爱。 5. Instruments heard, fast or slow, and the feeling it gives. / 听到的乐器、快慢、以及给您的感觉。

Lesson 7 / 第七课： 1. A piece played by two people. / 由两个人演奏的乐

曲。 2. One player plays C–E–G slowly while the other plays a low C like a heartbeat. / 一人缓慢弹奏 C–E–G，另一人反复弹奏低音 C 如心跳。 3. False — the simplest duets are the most fun. / 错误——最简单的二重奏最有趣。 4. One solo piece, one duet, one song everyone sings. / 一首独奏、一首二重奏、一首大家合唱的歌。 5. Sharing music adds joy and connection. / 分享音乐增添快乐与联结。

Lesson 8 / 第八课： 1. Any three: attentive listening; melody, rhythm, harmony; keyboard basics; reading notation; composers; world music; duets. / 任意三项：专注聆听；旋律、节奏与和声；键盘基础；读谱；作曲家；世界音乐；二重奏。 2. Small pleasant habits are easy to keep; big demanding ones fade. / 小而愉快的习惯容易坚持；大而费力的习惯会消退。 3. Listening: ten minutes with morning tea; playing: one song after lunch. / 聆听：早上喝茶时听十分钟；演奏：午饭后弹一首歌。 4. True / 正确。 5. Teaching it to someone else. / 把它教给别人。