

# Calm Concert

“Make ye a mighty effort, and choose for yourselves a noble goal.” –Abdu’l-Bahá

**I**t’s the night of my first band concert! I’ve been practicing so much that I see the sheet music when I close my eyes. But now that I’m here, I think I’ve forgotten everything! Do you think the other kids can tell? They look so calm and confident! What if I make a mistake and ruin the whole show? Oh no, my palms are super sweaty . . . What if my

instrument slips right out of my hands?

When I get nervous, I have to remember to take deep breaths. I’m one instrument among many, and if I make a mistake, that’s okay. Some of my friends look nervous like me. We’re all in this together and doing our best!

The show is about to start. Here we go!



Being in a band helps me learn about music and myself! Find 9 items named for qualities I’m practicing.

