



Sanctuary Care

# The Lifelong Learning Exchange

Margaret's simple guide to learn to play the piano



# 4 easy steps to start playing the piano

1

## Learn the keyboard layout

A piano has repeating groups of 2 black keys & 3 black keys. Middle C is the white key just to the left of the two black keys.

2

## Practice good posture

Sit upright; keep hands relaxed and curved. Thumbs rest on white keys; don't lock your wrists.

3

## Start with easy exercises

Go slow and aim for accuracy over speed. Practice simple songs like 'Twinkle Twinkle Little Star', on the next page.

4

## Practice little and often

10–20 minutes a day beats one long session a week. Consistency is key here!

Margaret's  
view

*“Music gives me such purpose. I hope younger generations can learn and share this same passion.”*

# Have a go at 'Twinkle Twinkle Little Star'

## 1 Find your starting note

Locate Middle C and place your right-hand thumb on Middle C.

## 2 Get familiar with these notes

You'll only play white keys:  
C, D, E, F, G, A



## 3 Try playing the melody

CCGGAAG  
FFEEDDC  
GGFFEED  
GGFFEED  
CCGGAAG  
FFEEDDC

## Purpose driven learning across generations

We hope you have enjoyed learning a new skill, with guidance and inspiration from Margaret Maclachlan at Briarscroft Residential Care Home in Birmingham. At Sanctuary Care, we believe that purpose knows no age. It gives life meaning, direction and joy, and it plays a vital role in wellbeing at every age.

## Share your learning experience

We want to see how you got on learning to play Twinkle Twinkle Little Star! To share your experience, follow Sanctuary Care on social media and use hashtag #LifelongLearningExchange when you post.

