

# KIDS GUITAR LESSON PLAN 1

### First Guitar Chords

smaller hands

**G**  
E A D G B E  
X X 0 0 0 0

**Em**  
E A D G B E  
0 2 0 0 0 0

**C**  
E A D G B E  
X 0 0 0 3 0

**D**  
E A D G B E  
X 0 2 0 2 0

**E**  
E A D G B E  
0 2 1 0 0 0

**A**  
E A D G B E  
0 2 0 2 2 0

### G to Em for small hands

**G**  
E A D G B E  
X X 0 0 0 0

**Em**  
E A D G B E  
X X 0 0 0 0

### Certificate of Achievement

## Great Job!

This is to certify that \_\_\_\_\_  
can play the guitar chords of G and E minor in  
time to music

**G**

**Em**

You are on your way to being  
a guitar player!  
keep up the good work!

### G to Em Full Chord Shapes

**G**  
E A D G B E  
0 0 0 0 0 0

**Em**  
E A D G B E  
0 2 3 0 0 0

## Overview

This material is designed to use a child's natural enthusiasm and curiosity as the "fuel" to drive them towards a situation where they can really play (rather than merely "play with") a guitar

It is made up of a series of lessons which help them to develop the ability to move smoothly between the eight chords that professional guitar teachers the world over use to get their students off to a "flying start" on the instrument

The lessons are devised so that a teacher can use standard full chord shapes or the one finger "reduced" options that can be very effective in the early stages with regard to achieving rapid progress

No matter which option (full or reduced chord shapes) is chosen there is an opportunity following the fourth lesson to "revisit" the chord progressions and backing tracks to ensure that full shapes are learned before moving on to the next stage

The reality is that even though the "one finger chords" are presented as being for those with "smaller hands" problems associated with playing full shapes right from the start are caused by a beginner's inexperience rather than by any issues with the size of their hands. Levels of dexterity tend to develop very quickly during the early sessions

It is a good idea to check out the short video at <https://teachwombat.com/teachingchildrenguitar.html> for a demonstration of the strumming patterns associated with this series of lessons

**TEACHWOMBAT.COM**  
GUITAR TEACHER'S DOWNLOADABLE RESOURCES WEBSITE

# Lesson 1

## Lesson Plan

### Lesson Objectives

To have a student learn two chord shapes (either as full or “one finger” chords where appropriate)

Become able to move between the chord shapes strumming in time to a backing track

You will probably encounter the following two situations

1: Chord changes will be slow at first

Do not worry about this at all!

Within a few short minutes things tend to speed up and the backing tracks are designed so as to leave plenty of time between chord changes

2: When forming the chord shape of the fingers on your student’s fretting hand will make contact with (open) strings that they are not supposed to be playing “killing” the (open) string and preventing it from ringing out

Do not worry about this either!

As lessons go on a child’s motor skills develop pretty quickly and all that is required to improve the situation is that you encourage them to press down on the strings with their finger tips (the part of the finger found right beside the finger nail) rather than with the pads (the part of the finger on the opposite side to the finger nail)

Playing with the fingertips obliges a student to play the guitar neck rather than hold it and this soon begins to feel like the “natural” way to play

## **Lesson Plan (ctd)**

At the beginning of the lesson make sure that the guitar is in tune

Tell your student what you are going to do (learn two chord shapes and play them along to a backing track)

Work on having them form the G chord shape and then strumming it (once)

A handy tip when working on a new chord shape is to ask your student to form and strum the shape (once) and then require them to scratch their head (with their fretting hand) before forming and strumming the chord again

This reinforces knowledge by requiring them to remember what they just did so that they can do it again

When they can form and strum the G chord repeat the process with the chord of Em

When both chord shapes have been learned ask the student to move between them (strumming each chord once) in their own time

Count “one-two-three-four” into each strum (your student should strum the chord once where “five” would be)

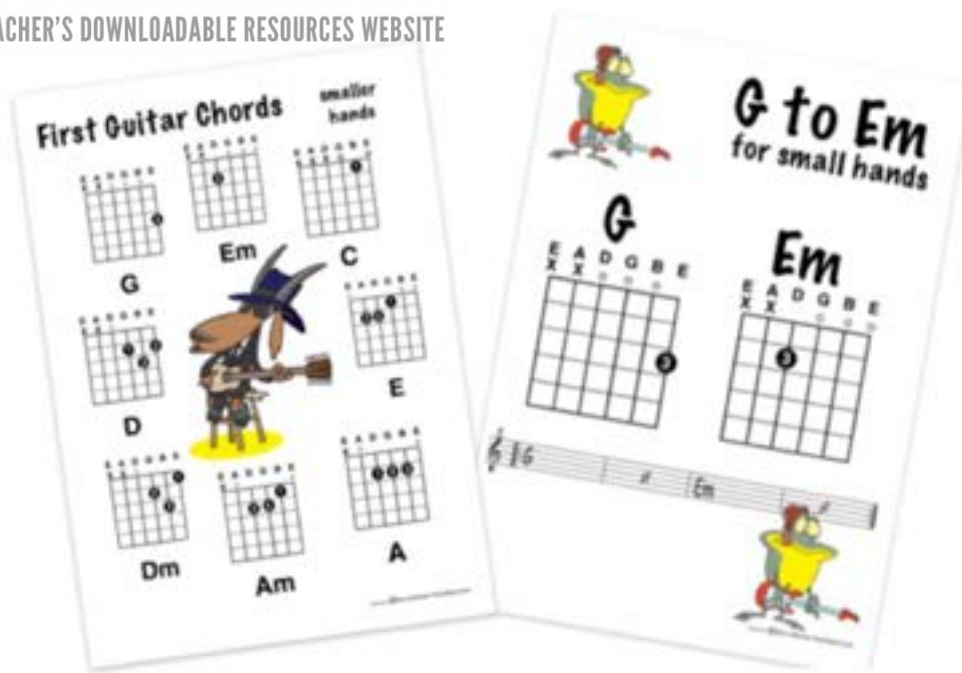
Introduce the “G to Em” backing track and count the learner into each chord change

When they can play a single strum as each chord changes ask them to play a four strum “down-up-down-up” strumming pattern

Towards the end of the session you can fill out and award relevant Certificates Of Achievement, encourage your student to practice between sessions and outline what will be covered (two new chords) in the next session

# KIDS GUITAR LESSON 1

“at a glance”  
Lesson Plan



## Lesson Plan

Make sure the guitar is in tune

Show the child how to form and strum (once) the G chord shape

Show your student how to form the Em chord

Have them move between the G and Em shapes in their own time

Introduce a count of 1-2-3-4 before each chord is strummed

Play along to a backing track

Encourage the student to practice before the next session and let them know what comes next