



Art Sphere Inc.
Transforming Lives Through Art
STRENGTHENING OUR COMMUNITIES SINCE 1998

RELAX WITH GUITAR & LEARN BEGINNER SKILLS

for grades: elementary and above



TABLE OF CONTENTS

- i-ii Preface
- iii Glossary
- 1 Types of Guitars
- 2 The Guitar Neck & Fretboard
- 3 Tuning Your Guitar
- 4 Important Beginner Guitar Tips
- 5 Your First Chords
- 6 Restringing Your Guitar
- 7 More Chords!
- 8 Basic Strumming Patterns
- 9 How Are Chords Made? (Basic Music Theory)
- 10 The CAGED System
- 11 Appendix
- 12 About Us





CREATING JOURNEYS THROUGH THE ARTS

Follow your creativity and go beyond where the path leads so you can leave a trail to inspire others to express themselves, too!

Preface

We are pleased to present the series *Creating Journeys Through the Arts* to take you on a path to transform everyday materials into art, to explore the intersections of art with nature, literacy, technology, theater, music, mindfulness and STEAM and to learn how to use the arts to express your core values. Throughout this journey, we invite you to reflect on the legacy that can be created through the arts.

How to Use Our Online Materials and This Book

Not everyone learns the same way. Some people are more visual, some more musical, some more mathematical¹. Our lessons include symbols at the top of each page that indicate the different learning styles to be found in each project. By pointing out the different ways that a project can be approached, parents and teachers can guide their children to their individual paths to artistic success and ways to express their unique creative voices. The different learning styles and the symbols used to represent them in this book include:



Literacy and Verbal-Linguistic
(using words effectively)



Recycling and Naturalistic
(responding to nature)



Technology and Logical-Mathematical
(reasoning, calculating)



Health and Intra-personal
(understanding one's own interests, goals)



Theatre and Bodily-Kinesthetic
(using the body effectively and creatively)



Musical-Rhythmic
(sensitivity to rhythm and sound)



Multicultural and Interpersonal
(understanding, interacting with others)

The directions for these lessons are written for right-handed guitar players. Please reverse directions and string order if you are left-handed.

¹ These learning styles are based on Howard Gardner's discussion of types of intelligences. For more detail, see: Howard Gardner, *Frames of Mind: The Theory of Multiple Intelligences* (New York: Basic Books, 1983).



The lesson plans are more than just making art objects. They incorporate ideas such as compassion, mindfulness, respect for nature, healthy eating, cooperation, and other ideas for living in a way that contributes to a civil society. The pages are laid out as if you and the class are taking a journey:

- **Your Destination:** summarizes the outcome
- **Travel Kit:** list of materials you will need to make the object
- **On the Path:** ideas and directions for each child to make his/her own object, and ideas for exploring the meaning of each object
- **Group Tour:** how to transform the individual process into an interactive and collaborative group experience
- **Extend your Journey:** vocabulary, helpful references, and links to explore additional ideas

Find ways to express yourself - it's okay to think outside the box.

Knowing that links sometimes become inactive or are changed is beyond our control, and we apologize for the inconvenience. All the referenced links in this book have been checked for accuracy. Please check our blog: (<https://artsphere.org/free-resources/curriculum/>) and other social media channels for more suggestions on creative art projects.

The lessons in this book are written by instructor, **Bryant Lu**. The design and illustrations are by **Blair Nakamoto**.



GLOSSARY

Acoustic A guitar that does not require electrical amplification as it has a hollow body that amplifies the vibrations of the strings.

Barre chord A type of chord on a guitar or other stringed instrument played by using one or more fingers to press down multiple strings across a single fret of the fingerboard (like a bar pressing down the strings).

CAGED system The CAGED system works by using common open chord shapes to map out the guitar neck into five distinct sections. It helps simplify the fretboard by revealing the relationship between common open chord shapes and notes.

Chamber The hollow inner cavity of a guitar body in which the sound resonates, also known as the sound box.

Classical guitar A guitar used in classical music (also known as the nylon-string guitar or Spanish guitar). An acoustic wooden string instrument with strings made of gut or nylon, it is a precursor of the modern acoustic and electric guitars.

Electric A guitar that requires external amplification in order to be heard at typical performance volumes.

Fingerpicking A technique of playing a guitar or banjo using the fingernails or small plectrums worn on the fingertips to pluck the strings.

Flamenco A style of Spanish music, played especially on the guitar and accompanied by singing and dancing.

Flat Note that sounds a semitone lower than notes that appear on the lines and spaces of a musical staff.

Half step The smallest interval used in classical Western music, equal to a twelfth of an octave or half a tone.

Headstock The widened piece at the end of the guitar neck where the tuning pegs are fixed.

Hollow-body guitar A type of electric guitar that was first created in the 1930s. It has a sound box and at least one electric pickup, a magnetic device that allows the sound to be heard when the guitar is connected to an amplifier.

Metronome A device musicians use that marks time at a selected rate by giving a regular tick.

Nut A thin, grooved piece that supports the strings at the base of the headstock.

Plectrum A small, thin, flat piece of flexible material held or worn on the fingers to pluck or strum a stringed instrument. A pick is one type of plectrum.

Sharp Note that sounds a semitone higher than notes that appear on the lines and spaces of a musical staff.

Solid-body guitar Guitar built without its normal sound box that relies on an electromagnetic pickup system to directly detect the vibrations of the strings; these instruments are usually plugged into an instrument amplifier and loudspeaker to be heard.

Sound hole A hole in the belly of a stringed instrument.

String binding Occurs when the nut slot pinches the sides of the guitar string, hindering its movement. This can cause the tension on one side of the nut to be different than the tension on the other side.

String gauge The thickness of a guitar string.

String winder A tool that allows you to rotate a tuning head more easily than using your hand.

Strum A way to play a guitar by sweeping the thumb or a plectrum up or down across the strings.

Tuning pegs Wooden pieces located at the headstock that are used to tune the guitar. They are also called tuning keys, tuners, tuning pins, or machine heads.

Tuner An electronic device for tuning a guitar or other instrument.

Vibrato A rapid, slight variation in pitch in singing or playing some musical instruments, producing a stronger or richer tone.

Whole step A musical interval (such as C–D or C–B flat) comprising two half steps. On the guitar, a whole step is taken after two frets.



1. TYPES OF GUITARS



Travel Kit:

newspaper or computer to search guitar listings



Your Destination:

Before you start learning more about how to play guitar, there is one thing you need first: a guitar! Guitars come in all shapes and sizes; some are deep and have a low sound, while others are loud and distorted. Here we will be looking at the different kinds of guitars you can buy and what guitar would be the best fit for you. Guitars can typically be classified into three types: classical, acoustic, and electric.

On the Path:

Classical guitar Commonly called the classical guitar, or the “Spanish” guitar, it is typically used in classical and Flamenco music. Developed in Spain in the late 19th century, this guitar model inspired the different types of modern guitars we have today. The neck is wider than the necks of most modern-day acoustic guitars, and the spacing of the frets is wider as well. It has strings made of nylon, which gives the guitar a very warm and soft tone, perfect for the classical music for which it was designed. However, just because it was designed for classical music does not mean you cannot play other genres. Fingerpicking sounds especially beautiful on the classical guitar. This guitar is great for beginners because, unlike steel strings on acoustic guitars, the nylon strings of a classical guitar will not hurt your fingers as much.

Acoustic guitar This is the typical acoustic guitar that you see in movies, television shows, and other media. This type of guitar is made using steel strings which gives it a much brighter and louder sound. While steel strings may be uncomfortable for your fingers at first, over time, this will help you build calluses to make it

easier for you to keep playing. Since the strings are so durable, this type of guitar is great for strumming with a pick. If you want the modern sound that you hear on the radio, then this type of guitar is perfect for you.

Electric guitar Finally, we have the electric guitar, the instrument of rock stars. Electric guitars are special because, unlike the other two guitars that use their hollow-body chambers to produce sound, an electric guitar needs to be hooked up to a guitar amplifier. An electric guitar uses special magnetic microphones, called pickups, to “pick up” the sound created by the strings. While electric guitars also use steel strings, the strings on an electric guitar have much less tension allowing for special techniques, such as string bending and vibrato. Electric guitar designs and construction vary greatly, ranging from solid-body guitars to various types of hollow-body guitars. This instrument is used heavily in many forms of popular music including, blues, rock, metal, and many more.

Group Tour:

Teach your friends or family about the different types of guitar. Discuss which types of guitar you would be most interested to try.

Extend the Journey:

Now that we have seen the different types of guitars out there, you may be asking yourself which one you should get. The perfect guitar is any guitar that makes you want to pick it up and play. If you want the soft, warm, and mellow sound of Flamenco and classical music, a classical guitar will work wonders for you. If you want the bright, energetic, and clean modern sound, use an acoustic guitar. If you want to delve into genres like metal, rock, and blues, an electric guitar is necessary.

Learn New Vocabulary: Flamenco, solid-body guitar, hollow-body guitar, vibrato, electric

Resources and Visual Aids: A guide to types of guitars: <https://guitargearfinder.com/guides/types-of-guitars/>

Access Our Instructional Video: https://www.youtube.com/watch?v=c_wfnXWb8c4



2. THE GUITAR NECK AND FRETBOARD



Travel Kit:
guitar, fretboard handout

Your Destination:

Learn the notes on the guitar fretboard.

On the Path:

Step 1 The top of the guitar neck is called the headstock; this is where all the strings are tied up. Right below that is the nut, where the strings run through the headstock and where the fretboard begins. The next part of the fretboard is the actual frets themselves. Frets are the metal strips that are slotted into the fretboard.

Step 2 Referring to our fretboard handout, from high to low, the open strings are tuned E-B-G-D-A-E; this is what we call standard tuning. From top to bottom, we label the strings 1-6. From left to right on this diagram, we label the frets from 1-12. As we move toward the right, we go through the musical alphabet. For example, when we start on the E string, the next note along that string will be F, followed by G. Now that we know this, we can fill out the chart.

Step 3 We count notes using steps, so F is one step above E. A whole step is two frets to the right of the current note. So, if G started on fret 3, A would start on fret 5.

You may be wondering what is in the space between the whole step. This is called a half step. A whole step is two frets away. A half step is one fret away.

Note: The notes of B and C, and E and F, are right next to each other. There are no sharps/flats, or half steps in between these pairs of notes.

Group Tour:

As a group, take turns filling out the guitar fretboard. Have one person do all the notes along one string, then pass it to the next person. Test each other on what notes are where afterwards.

Extend the Journey:

Learn how to memorize the fretboard:
<https://www.youtube.com/watch?v=PJddQ6Q0UDo>

Learn New Vocabulary: flats, half step, headstock, sharps, whole step

Resources and Visual Aids: <https://artsphere.org/blog/guitar-fretboard-handout/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=FCI0MFGIymY>



3. TUNING YOUR GUITAR



Travel Kit:

guitar tuner/guitar tuner app, guitar

Your Destination:

Learn how to tune your guitar.

On the Path:

Step 1 Being able to tune your guitar is one of the most important things to know as a guitarist. No matter how well you can play the guitar, it will never sound right if it is out of tune. It is important to check the tuning of your guitar every time you pick it up to play. When we tune a guitar, we tighten and loosen the strings with the tuning pegs. This changes the pitch of the strings. Turning the tuning peg away from you will tighten the string and raise its pitch. If you turn the tuning peg towards you, you will loosen the string and lower its pitch.

Step 2 We are going to be tuning to standard tuning, which is from top to bottom, E-A-D-G-B-E (with the headstock on the left). There are a lot of ways to tune your guitar. A couple methods are described below.

The easiest and most common way is to use an electronic tuner, such as the Snark clip-on tuner, which clips on to the headstock. It will detect whether or not the string you are playing is out of tune or not. Once you hit a string, the little line on the tuner moves up and down. The goal here is to get the line to hit the green light; this is how we know it is in tune. So, let us start with our low E string. Now do that for each string until all the strings are in the green zone.

Step 3 If you do not have a Snark tuner, there are many other tuner smartphone apps that work just fine, such as GuitarTuna. Although it looks complex, the goal is the same: to get the line to be green. This is how it works for all other tuner apps.

Group Tour:

Take turns tuning the guitar with someone else. Have one person detune the guitar slowly (be careful), then practice tuning it back up using a tuner.

Extend the Journey:

Learn how to tune your guitar with Marty Music: <https://bit.ly/3EXB4AO>

Learn New Vocabulary: tuner

Resources and Visual Aids: Snark device: <https://amzn.to/3EUhAwY>

GuitarTuna app (Apple): <https://apps.apple.com/us/app/guitartuna-guitar-bass-tuner/id527588389>

Android: https://play.google.com/store/apps/details?id=com.ovelin.guitartuna&hl=en_US&gl=US

Fender Guitar Tuner app (Apple): <https://apps.apple.com/us/app/fender-guitar-tuner/id1107017950>

Android: https://play.google.com/store/apps/details?id=com.fender.tuner&hl=en_US&gl=US

Access Our Instructional Video: <https://www.youtube.com/watch?v=sFdoyVcNl1g>



4. IMPORTANT BEGINNER GUITAR TIPS



Travel Kit:
guitar

Your Destination:

Learn important beginner guitar tips.

On the Path:

Step 1 When you are sitting and have the guitar on your lap, make sure the guitar neck is in your left hand. You must sit up straight, and make sure the instrument is close to your body. Use your strumming arm, or right arm, to hold the guitar against your body. The guitar should be stable on your lap and be comfortable. If you find it more comfortable, take a stack of books, a stool, or something to prop up your right leg so that your guitar is raised up. This can make it easier to play.

Step 2 Next, we must talk about your fingers. Whenever you fret notes, which will be with your left hand, your fingers should be as close to the fret as possible so you can get the best sound. As we are starting to learn, your thumb should be at the back of the neck to give your fingers on the fretboard more support. When you are first fretting notes on the guitar, it is going to feel awkward. This is because your fingers have not developed the muscle strength nor the calluses to play the guitar comfortably. It is important that when you fret a string, that you are using the minimum necessary amount of strength. Another thing to keep in mind is it is extremely important to keep your fingers curled when you play chords, so you do not accidentally mute any of the strings below them.

Step 3 The correct way to strum is to turn at your wrist. Anything above your wrist should be locked in place while your wrist does all the moving and strumming action. We are going to be using a guitar pick in this lesson. If you do not have one, you can pinch your thumb and index finger together, and let your fingernails act as a pick.

Group Tour:

As a group, take turns holding the guitar, and correct each other's postures. Make sure that everyone is sitting up straight and relaxed.

Extend the Journey:

Learn more beginner guitar tips with Rhett Shull:

<https://www.youtube.com/watch?v=H0CGYKLhbxo&t=459s>

Learn New Vocabulary: strum, fret

Resources and Visual Aids: Fix your posture: <https://www.libertyparkmusic.com/guitar-posture-pain/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=pzZHvPIFPOs>



5. YOUR FIRST CHORDS



Travel Kit:
guitar

Your Destination:

Learn your first chords.

On the Path:

Step 1 What are chords? Chords are just a collection of notes played together. When we talk about our fretting hands, we label each finger from 1-4, with the index finger starting at 1 and the pinky being 4.

Step 2 The first chord we are going to learn is A minor. We put our first finger on the first fret of the second string, the second finger on the second fret of the fourth string, and the third finger on the second fret of the third string. We strum down starting from the A string. That is the A-minor chord. If you hear other strings, make sure to remember to keep your fingers curled.

Step 3 The next chord we are going to learn is C major. We put our first finger on the first fret of the second string, the second finger on the second fret of the fourth string, and the third finger on the third fret of the fifth string. Strum down starting from the A string.

Group Tour:

Practice switching between the two chords that you have learned. Take turns seeing what kind of cool sounds you can make from these chords. Instead of strumming all the strings at once, pluck each of them individually. Experiment!

Extend the Journey:

Learn more about chords with JustinGuitar:

<https://www.justinguitar.com/modules/chords-for-beginners>

Learn New Vocabulary: fret

Resources and Visual Aids: This website is a quick look-up for many chords:

<https://www.guitar-chords.org.uk>

Access Our Instructional Video: <https://www.youtube.com/watch?v=JNBoFM6kaes>



6. RESTRINGING YOUR GUITAR



Travel Kit:

guitar, new strings, combined string winder and cutter

Your Destination:

Learn how to restring your guitar. Over time, as you play your guitar, you will notice that your strings will start to feel worn out. It is important to take care of your guitar. Guitars are expensive but can last a long time if taken care of. Use adult supervision throughout this process.

On the Path:

Step 1 Loosen the strings on the guitar headstock; you can do this manually with your hands. Do not unwind them until they come off, but loosen them until the strings become slack. This is to prevent the strings from snapping back at you when you cut them. Now when you pluck them, they will not have enough tension to play sound. You can now cut the strings using the string winder over the sound hole. Refer to our instructional video below the lesson for a demonstration.

Step 2 Next, remove the strings you have cut from the guitar. You are going to unwind the strings from the headstock and take them off. Then you will take the strings out from the bridge. You can use the end of your string winder to pull the bridge pins and the strings out. It is important to carefully tie the old strings up and throw them away as the ends of the strings can be very sharp.

Step 3 The next step is to put strings on the guitar. It is recommended to use the same type of strings the factory put on your guitar, but if that is not an option, then at least get the same gauge of strings. String gauge is the thickness of the strings. The packaging label of the guitar strings will typically list two numbers that refer to the string gauge of the thinnest and the thickest string. (i.e., .012-.053). The thickness of the strings affects how much tension is put on your guitar, which is why it is so important to get a similar gauge to avoid any drastic changes.

Start changing the strings from the lowest string. Insert the ball end with the bridge pin on top of it, then pull it taut through the tuner on the headstock. After giving it some slack, start winding the string in the direction away from the headstock. For the lower strings, the first rotation of the string goes over the string, then every rotation following goes under (refer to video, timestamp: 7:20). Turn the string until it becomes taut and starts making a sound as you pluck it. Using a guitar tuner, rotate the peg until it comes up to tune. Move on to the next string.

For the higher strings, follow the same steps for the lower strings except, before you start turning the pegs, wrap the string under and around itself and crimp it. Then tune it the same as you would the lower strings. Again, refer to the video for additional demonstration.

After tuning all the strings, give each of them a little stretch. Play a little, and then let the strings settle. Then, tune it again later.

Group Tour:

Take a guitar that needs to be restrung, and do it with a group of friends. Take turns putting on the strings, but be careful! Changing strings can be a very fun activity to do together and a great learning experience.

Extend the Journey:

Another example of changing strings on an acoustic guitar: <https://www.youtube.com/watch?v=2fPrnwS9qj4>

Learn New Vocabulary: string winder, string gauge

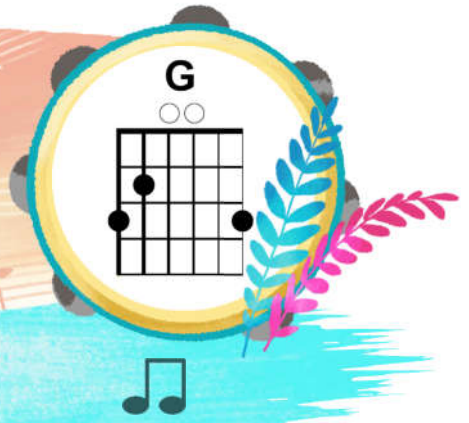
Resources and Visual Aids: String winder/changer: <https://amzn.to/3Jl94on>

Taylor Guitars' Guide to String Changing: <https://www.taylorguitars.com/support/strings/changing-steel-strings>

Access Our Instructional Video: <https://www.youtube.com/watch?v=WE6EBGjxnBI>



7. MORE CHORDS



Travel Kit:

guitar, guitar pick (optional)

Your Destination:

Learn more chords.

On the Path:

Step 1 The first chord you are going to learn is the G major chord. Put your third finger on the third fret of the first string, your second finger on the third fret of the sixth string, and your first finger on the second fret of the fifth string. This chord can be kind of tricky because of how wide the stretch is. Make sure that the fifth string is not being muted by your middle finger, which can happen. You can also play this chord by moving your third finger up one string and adding your fourth finger to the same position.

Step 2 Now the next chord, F major, is going to be one of the trickiest chords to master, but with practice, you can do it. This chord is called a barre chord because your first finger presses down on ALL the strings, like a bar. Start by taking your first finger and doing just that. When you strum the strings, they should all sound out. Then add your second finger on the second fret of the third string, your third finger on the third fret of the fifth string, and your fourth finger on the third fret of the fourth string. To get the strings to sound out, make sure you are applying an even amount of pressure between all the strings.

Step 3 If you are having trouble with this, practice barring with just your index finger. This will build your finger strength so you do not have to put too much pressure on making the strings sound out. If you take the chords from last week's lesson, Am and C, you now know 4 chords: G, C, Am, and F. The reason you have learned these 4 chords is that a lot of songs in popular music use only them. So, if you know how to play and switch between these chords quickly, you will be able to play a lot of songs.

Group Tour:

Take the four chords that you have learned from the previous lessons, and play around with them! Take turns seeing who can come up with a cool sounding chord progression. Instead of just strumming all the strings, play around picking each string of the chord individually.

Extend the Journey:

Learn more chords with JustinGuitar: <https://www.justinguitar.com/modules/chords-for-beginners>

Learn New Vocabulary: barre chord, fret

Resources and Visual Aids: This website is a quick guide for many chords: <https://www.guitar-chords.org.uk>

Access Our Instructional Video: <https://www.youtube.com/watch?v=Byk8JxdPaAA>



8. BASIC STRUMMING PATTERNS



Travel Kit:

guitar, metronome, guitar pick (optional)

Your Destination:

Learn basic strumming patterns.

On the Path:

Step 1 The first strumming pattern you are going to learn is a down strum on each beat. For this lesson, you are going to use a metronome app on your phone, and start very slowly. Set your metronome to 55 BPM. Use one of the chords you learned in the previous lesson, and strum down on each beat. First, get comfortable strumming the chord on time, then once you are comfortable, practice strumming while switching chords on beat 3.

Step 2 The next strumming pattern you will learn is a down stroke on the beat and an upstroke in between each beat. Count this is by saying, "1 and, 2 and, 3 and, 4 and." Play the down stroke on the number and the upstroke on the "and." Start very slowly while also changing between chords halfway through the measure.

Step 3 The last strumming pattern is a combination of steps 1 and 2. Strum down on beats 1 and 2, like in step 1. Then, down stroke on beat 3, then upstroke on the "and" of beat 3. Repeat this motion for the beat "4 and." For this pattern, it is important that you lock into the rhythm. Do not stop moving your wrist. It should be doing the motion of up-and-down even if you are not always playing the strums.

Group Tour:

In a group of four, take turns strumming on each beat. One person strums on beat 1, the next on beat 2, etc. After doing this five times, move over one beat. The most important thing is to make sure everyone is on time!

Extend the Journey:

Learn more strumming patterns with Marty Music:

<https://bit.ly/338SNII>

<https://bit.ly/3qRWvOz>

Learn New Vocabulary: metronome, strum

Resources and Visual Aids: A website that gives you examples of a few strumming patterns:

<https://www.stringkick.com/blog-lessons/strumming-patterns/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=pXt56D1qHR8>



9. HOW ARE CHORDS MADE?



Travel Kit:
guitar, piano (optional)

Your Destination:

Learn how chords are put together and made.

On the Path:

Step 1 To understand how chords are made, first put together a major scale. The formula to put together a major scale is as follows: from our root note, you go W-W-H-W-W-W-H, with the W's being whole steps and H's being half steps. For example, if you start on C, your next note in the scale, D, is a whole step away. Then, just follow this pattern to put together the scale, so the C major scale looks like this: C-D-E-F-G-A-B-C.

Step 2 The next part in making chords is to label each note with a number. These numbers just refer to what the note is in our scale. In the C major scale, start counting from C, so C is number 1. It is the root of the scale and where you start off. So, D would be #2, E would be #3, etc. This applies for every scale. If you play an A major scale, A would be #1.

Step 3 Using these numbers, you can put together any major or minor chord. The formula for putting together major chords goes like this: 1st, major 3rd and 5th. So, in the C major scale, this would be C (#1), E (#3), and G (#5). To put together other major chords, take a different scale. For example, if you take the A major scale, #1 is A, #3 is C#, and #5 is E.

To create a minor chord, lower the note in the major chord that makes it major: #3. So instead of E, in the C major chord, lower it a half step to an Eb. So, the formula would be #1, #3b, and #5.

Group Tour:

Take turns in a group putting together chords from the major scale. Choose a letter, and on the guitar, put together a major scale using the formula (WWHWWH). Then, create a major chord and a minor chord from the scale you make.

Extend the Journey:

Dive deeper into music theory with JustinGuitar:

<https://www.justinguitar.com/classes/practical-fast-fun-music-theory>

Learn New Vocabulary: chord

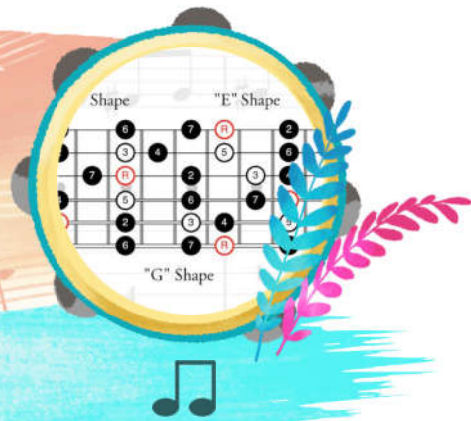
Resources and Visual Aids: Visual Chord Construction Guide:

<https://www.guitarlessonworld.com/lessons/chord-construction/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=cnKOfaikgos>



10. THE CAGED SYSTEM



Travel Kit:
guitar

Your Destination:

Learn the CAGED System and how to use it.

On the Path:

Step 1 CAGED is a system that helps teach the guitar fretboard by using familiar shapes to go up and down the neck. CAGED stands for each open chord that you will use in your shapes. The guitar fretboard can be very difficult to understand because it is not laid out easily like a piano is, so use CAGED and open chord shapes to create chords all over the neck.

Step 2 Start with the first letter of the word CAGED, "C". Take the open C chord, and move your hand up the neck one fret while keeping your fingers in the same shape. If you strum it, you will notice that it will not sound great with the open strings still ringing out. To fix this issue, you barre the first 3 strings with your first finger, creating a mini-nut to move the chord up. Then, re-create the open C-shape with your remaining three fingers. Since you moved up one fret, which is a whole step, you now have a D major chord. This makes up the basis of how CAGED works: taking an open chord shape and creating barre chords to keep moving up. This is where barre chords become important. If you move the C-shaped D chord another whole step up, you have E-major. Now you are no longer restricted to the open chords on the first three frets of the guitar. You can then do this for the next shapes: A, G, E, and D.

Step 3 The CAGED system will help you learn different ways to play the same chord by connecting each of the shapes. If you follow the letters in the word CAGED, you can find all the root notes of the chords on the neck. If you start off with the open D-shape, the next shape in the word is the C major, building the new D chord using the C-shape. Keep going, using the A-shape, then the G-shape, the E-shape, and all the way back to the D-shape. This shows how chords are interconnected across the neck and can also help you learn the root notes all over. Now that you have learned the basics, it is time to learn the songs that you love and experiment on your own! See "Resources and Visual Aids" for a link to learn almost any song you like.

Group Tour:

In a group, choose one chord to start with using the C-shape, then take turns moving across the neck using each shape for CAGED. One person does the C-shape, the next finds the chord using the A-shape, and so on.

Extend the Journey:

Learn more about the CAGED system with JustinGuitar:

<https://www.justinguitar.com/modules/caged-system>

Learn New Vocabulary: CAGED system, chord

Resources and Visual Aids: A visual of how the CAGED system is connected:

<https://appliedguitartheory.com/lessons/caged-guitar-theory-system/>

Guitar tabs for songs: <https://www.ultimate-guitar.com/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=-4F3xz3llc>

APPENDIX

2 Guitar Fretboard Handout

RELAX WITH GUITAR
Lesson 2: The Guitar Neck & Fretboard

Whole Step: two frets away
Half Step: one fret away
Sharps: raises the note by one half step
Flats: lowers the note by one half step

A _ B C _ D _ E F _ G _

	1	2	3	4	5	6	7	8	9	10	11	12
E												
A												
D												
G												
B												
E												

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<https://artsphere.org/blog/guitar-fretboard-handout/>

General playlist link to all videos:

<https://artsphere.org/interactive-programs/classes/relaxing-with-guitar/>

Learn more:

<https://artsphere.org/interactive-programs/classes/>





ABOUT US

Art Sphere Inc. (ASI), founded in 1998, provides meaningful free arts programs for underserved populations in an effort to engage the creativity in communities, empower neighborhoods, explore the positives in peoples' lives, and heal the mind, body, and spirit through the arts.

Working with hundreds of volunteers every year and partnering with numerous civic, academic and governmental organizations, our grassroots events help support inner-city neighborhoods. ASI's in-school, after-school, in-person and online workshops lay the framework for the arts to nourish the character and development of youth, open up a new world of social engagement and reinforce the school curriculum.

We appreciate the generous support of Penn Treaty Special Services District and other foundations and institutions who among our other supporters have paved the way for Art Sphere Inc. to continue to serve the public through on-site and online education programs.



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