



*Use this resource to emphasize rhythm with your students.  
It encourages moving, creating, counting, listening and of course musical fun!*

**Supplies Needed:**

- Copies of the worksheets and pencils (or project and complete as a group)
- Prepare the music that you will use for the listening portion, or be ready to play your own instrument

**Teaching Tips:**

- Be prepared. Know the “moves” you’re going to do when you demonstrate the activities for your students.
- Have FUN! If you’re having fun, your students will too. Let your inner-child come out as you’re moving around the room. I also recommend comfortable footwear 😊
- Encourage proper note drawing. Talk about note heads, stem direction and which side they go on. Don’t rush this portion. If it’s hard to read it, it’s hard to play it.
- Count out loud to guide your students. Once they’ve got it, see if they can count silently in their heads.
- These worksheets and activities are great opportunity to emphasize beat 1 as the strong beat. Bring it up if your students are ready for it. It will also help differentiate between the 4 beat measures and set you up to introduce time signatures later on in your practice.
- When you get to eighth notes, be sure to explain the difference between notes and beats. Eighth notes beamed together are two notes sharing one beat. They can share because they take up less time. A half note is one note receiving two beats. It’s much longer etc... This concept should be repeated over and over again.
- Repeat, repeat! Repetition will really help, especially with younger students. It doesn’t hurt to do it again.
- Once students are confident with the rhythm patterns, try them again on a pitched instrument. You can focus on a single pitch or use the opportunity to create some harmony.



Quarter, Half and Whole Notes

- 1) Jump around the room using the combo rhythm on the first line below. Count the beats out loud.
- 2) Try it again and this time jump your rhythm in time with the music that you hear playing.


- 3) Draw your own combo rhythm in the second row.  
Make sure you count the correct number of beats for each note. Each box is one beat.
- 4) Read and follow the rhythm pattern that you just drew.  
Try to use a combination of steps and jumps as you move to your rhythm.
- 5) Now come up with some body percussion to perform the rhythms from line 1 and 2. Practice it until you can perform it with a steady beat. Make sure you hold each note for the correct number of beats.