



**The Beat**

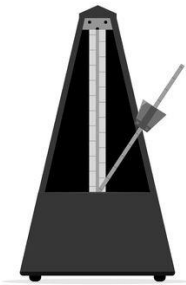
Beat is a steady, recurring pulse. Musical beat can be strong and accented, or gently repetitious. It can lull us to sleep or make us want to get up and dance!

Beat can be heard or felt in the tap of your toe, the sound of a woodpecker, and even in the cycle of a washing machine.

What are some examples of beats that you can find in the world around you? List them below:

Beat you can produce with your body:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



Beat created by technology:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



Beat found in nature:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



**Hear the Beat**

Sing or listen to a favorite song and feel the musical beat. How would you describe the beat?

Write the name of the song below and circle all that apply. Add to the list if necessary.

Song title \_\_\_\_\_

- |        |          |           |
|--------|----------|-----------|
| Fast   | Regular  | Calm      |
| Slow   | Agitated | Irregular |
| Medium | Accented | Strong    |

## Feel the Beat

Tap or clap each beat indicated by |. Listen carefully to keep the beat steady.

|   |   |   |   |   |   |   |  
(beat) (beat) (beat) etc.

## The Rhythm

Rhythm is a pattern of sound and silence within a beat; music is generally organized into rhythms that can be heard or felt.

Use } to indicate a beat of silence. Tap or clap only on the beats indicated by |. Say "sh" on the silent beats.

|   |   }   |   |   }   |   |  
(beat) (beat) (sh) etc.

Practice keeping a steady beat using each example below. Try each example using a slow beat then again with a faster beat. At any speed, the beat should remain steady.

1. |   |   }   |   |   }   |   |   }   }   |   |

2. |   }   }   |   }   }   |   }   }   |   |   |

3. |   |   |   |   }   |   |   |   }   |   |   |

4. }   |   }   |   }   |   }   |   }   }   |   |

Now come up with your own combination of beats and rests. Use the space below to write your combination.



## Write Your Own Rap

Rap music uses a pulsating beat combined with the rhythm of spoken words that are accented and often rhyme.

Write a rap about your pet or a favorite animal. Create four lines about your animal. You may wish to use pairs of rhyming lines as in the example below.

My fluffy pet cat,  
He's really very fat,  
Sleepin' all day,  
But that's okay.

Use the lines below to write your rap.

---

---

---

---

After you've written your four lines, practice speaking the words aloud.

Add a rhythm pattern by snapping, tapping, stomping, or otherwise sounding your rhythm.

Speak your lyrics over the rhythm pattern keeping a steady beat.

## Challenge

Share your rap with someone in your house, and teach them the rhythm pattern so they can join you. Practice saying your lyrics with a different rhythm pattern. Now have your partner do one rhythm pattern while you do another and speak the lyrics along with both patterns at the same time! Experiment with different combinations of rhythm patterns to find the ones you like the best. For more fun try adding a third rhythm pattern.

Use the space below to write your additional rhythm patterns.

Perform your rap and beats for someone in the house, or (optional) record it and send it to your exploratory teacher!

