

# Exploring Rhythm and Pulse



# Notes for Exploring Rhythm and Pulse

Have a go of these activities with the people that you live with if you can. If it's just you, you can still have a go and be the caller and responder.





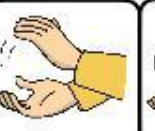
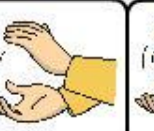

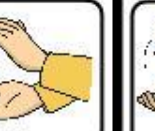
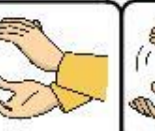
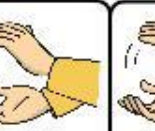


If you find it difficult to clap and stamp in time while you say the words, try just clapping or stamping to the words.

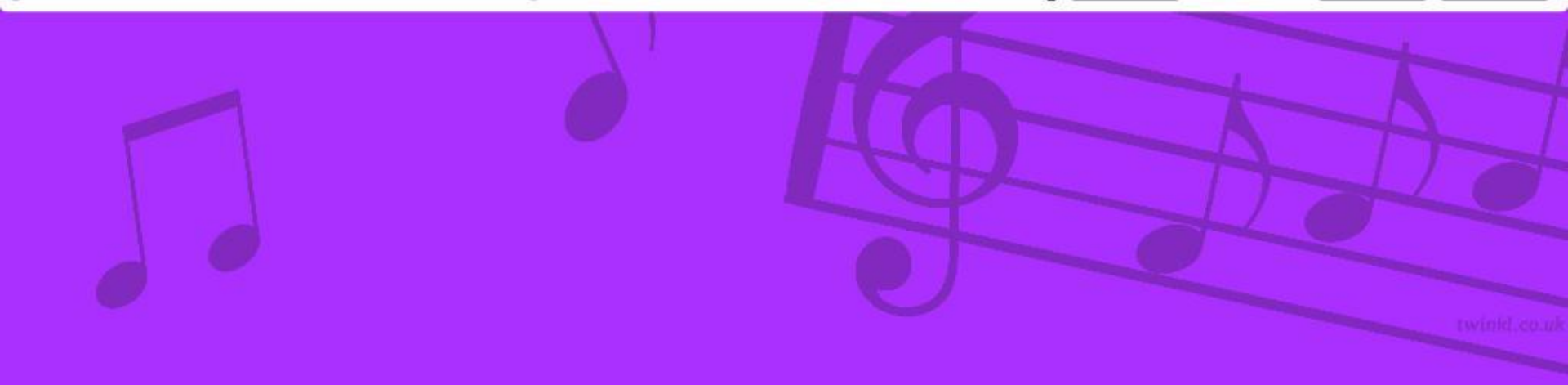
Draw a table like the one on the last page and try composing your own music with rhythm and pulse. You could shake an instrument instead of clapping.

For an extra challenge, you could make up your own simple repeating rhythm for the clap. Remember, rhythm is a combination of longer and shorter sounds. Or, you could play ukulele chords for the pulse or rhythm and create a melody for the lyrics (words).
















# Can you keep a steady beat?



1	2	3	4	1	2	3	4	1	2	3	4
											



Can you add a stamp to beat 1?

1	2	3	4	1	2	3	4	1	2	3	4
											
											

# Speech Patterns

Everything we say is rhythmical.

"How are you?"

Can you say this along with the steady beat?

1

2

3

4



1

2

3

4



How

are

you?

How

are

you?

# Do You Have Something To Say?

Keep the pulse going.

One person chants a phrase, everyone echos.

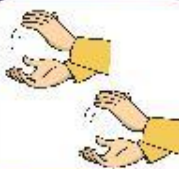
This is called a 'call' and 'response'.

1

2

3

4



Cats

like to

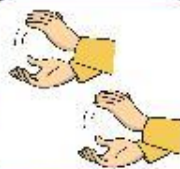
sleep.

1

2

3

4



Cats

like to

sleep.


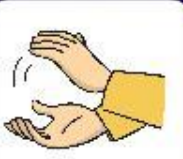

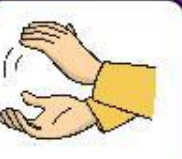

call








response








Try these examples.  
The first one has been done for you.

1	2	3	4
			
			
I	love	chick-en	pie.
Have you	seen my	croc-o	dile?
Dogs	like to	run.	

1	2	3	4
			
			
I	love	chick-en	pie.
Have you	seen my	croc-o	dile?
Dogs	like to	run.	



Choose 4 phrases of your own that have different rhythm patterns. They don't have to make sense! Practise with different people being the caller, and all responding.

1	2	3	4
			
			
Place text here			
Place text here			
Place text here			
Place text here			