

## Rhythm Patterns

Adapted from a lesson in *Rhythm Activities and Initiatives For Adults, Facilitators, Teachers, and Kids!* by Kenya S. Masala

**Objective:** The children will count out loud.  
The children will use listening skills to repeat patterns.  
The children will follow adult direction.

**Materials:** 2 rhythm sticks or cardboard paper towel tubes per child, music with a heavy beat and player.

**Vocabulary:** beat, rhythm

### Procedure:

1. Ask the children to form a circle with you.
2. Ask the children to put at least an elbow's length between themselves and their neighbors.
3. Turn on the music and clap to the beat.
4. Hand out two sticks to each child. Explain that these are for playing rhythms, not for hitting friends.
5. Demonstrate how to tap the sticks together to the beat.
6. Once everyone is in the groove, turn off the music.
7. Once you are back in the circle, explain that they'll be playing a game similar to Follow the Leader.
8. Do a simple 1-2-3-4-break rhythm (counting aloud) tapping your sticks together.
9. Once everyone is with you, ask them to sit down cross-legged.
10. Tap the sticks together and then the floor saying, "tap, floor, tap, floor."
11. Do the 1-2-3-4 rhythm once more.
12. Tap the sticks together, on your shoes, and the floor saying "tap, shoe, floor, tap, shoe, floor."
13. Try other rhythms with the children.
14. Turn the music back on and tap to the beat.

### Extensions:

Ask the children to demonstrate other rhythms.

Clap rhythm riffs like these to get everyone's attention during large group activities.