



Pass the Beat Around the Room

***A note on how to keep time/tempo; Try a free metronome app that you can find in app stores using your phone. Or you can go to www.metronomeonline.com for a web-based metronome that you can set at any speed.**

What You'll Need:

- Something to keep time to; a song, drum beat or metronome, and an object to pass back and forth, like a beanbag or a small toy.

How It Works:

- The idea is to say the phrase "pass the beat around the room" in time to the music or pulse, with each word landing on a beat.
- For example:
Beat 1 = pass
Beat 2 = the
Beat 3 = beat
Beat 4 = a
Beat 5 = round
Beat 6 = the
Beat 7 = room
Beat 8 = pause (or 'shh')



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- The object is passed from player to player as they say each word. See how many times in a row you can get it before missing a beat.
- You'll pass the item for 7 consecutive beats, pausing on beat 8 and starting again on beat 1.
- As with all rhythm games it is best to start slowly so both parent and student(s) can get a feel for the beat.
- Increase the speed if you can go 3 or more times in a row without missing a beat.
- This is a fun game that combines keeping the beat, listening and cooperation. It can be played with 2 or more people.