

A background image of a musical score with several staves of music, including notes, rests, and clefs, arranged diagonally from the top left to the bottom right. The score is in black ink on a light-colored paper.

# *Steady Beat Exercise*

## **Supplies:**

- Music - Any songs that you and your child like!
- Percussion instrument - Get creative! You can use a pepper shaker for a maraca! You can use a bucket as a drum, or simply use your lap!

## **Activity:**

- Once you've chosen your music and gathered your instruments, it is time to start jamming!
- Press play on the music and help your child find the steady beat, or pulse, on their instrument.
- When we count music, we count to the number 4. The steady beat falls on every count. If it helps, count out loud with your child to help them find the steady beat.
- Once your child is able to maintain the steady beat on their own, you can make it a little more challenging.
- Instead of them playing their instrument on every count of the steady beat, have them play just on counts 2 & 4, then just on counts 1 & 3, then just on count 1, and so on.
- This activity works with many songs and many people, so have fun!