

\*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

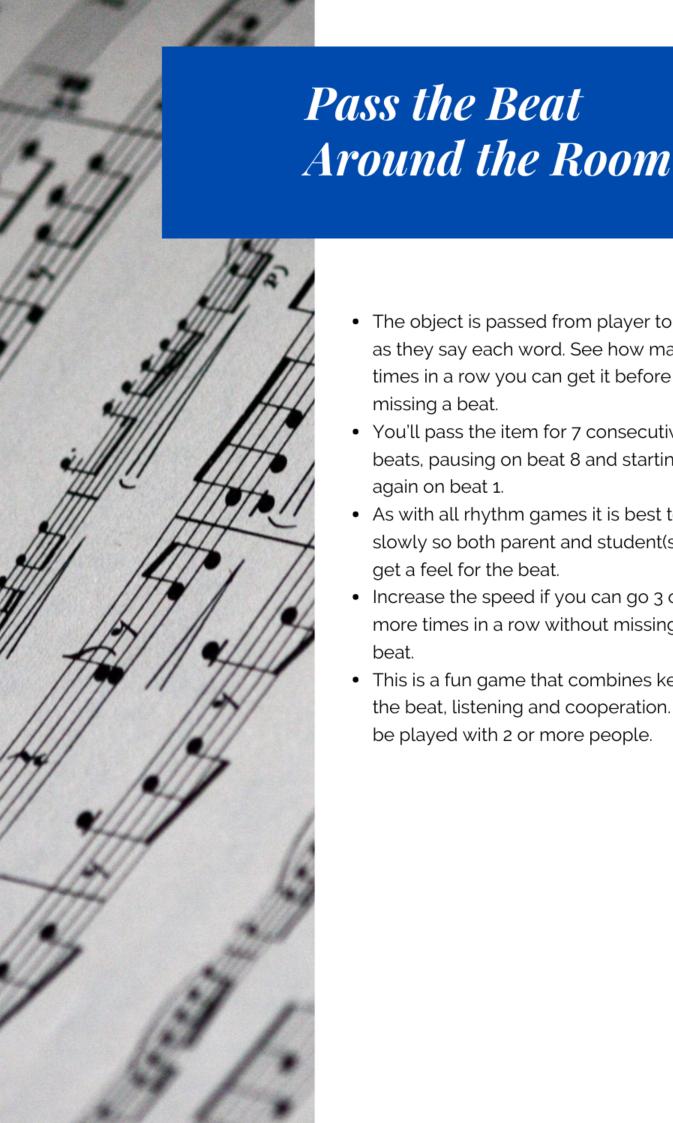
Beat 4 = a

Beat 5 = round

Beat 6 = the

Beat 7 = room

Beat 8 = pause (or 'shh')



- 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.