



## Lesson: Give me some Rhythm!

Artform: Music

Skill Level: Medium

Teaching Artist: Nanci Dorau

### LEARNING OBJECTIVES

We will explore rhythms and learn how to change the tempo, the pulse and the beat. We will also learn how to play rhythms in a drum circle.

### BACKGROUND INFORMATION AND RESOURCES

See activities below.

### MATERIALS

- Computer and internet with parental guidance and permission.
- Rhythm sticks or drumsticks: You can use wooden utensils, spoons, or straight sticks found outside.
- Drums: You can use any kind of drum, or a cooking pot, a plastic bucket, a garbage can cover, a tabletop, a sidewalk or a tree. You could also use your hands to beat a rhythm on your body.

### ACTIVITIES

#### Vocabulary:

1. Rhythm is a strong beat of sound. You can either hear or feel a rhythm.
2. Tempo is the speed of the rhythm.
3. Beat is to hit, pound or strike something, such as a drum.

Something in your body has a steady rhythm. Do you know what it is? The answer is your heart!

We will count from 1-8 for our rhythms and beats. Let's learn 3 basic rhythms for our lesson. We will start by clapping out the rhythms.

#### 1. Single rhythm:

-Clap once on every beat. You should clap 8 times as you count:

*1. 2. 3. 4. 5. 6. 7. 8.*

#### 2. Double rhythm:

-Clap two times on every beat. You should clap 16 times. Even on the 'and' as you say:

*and 1 pause and 2, pause and 3 pause and 4 pause and 5 pause and 6 pause and 7 pause and 8*

#### 3. Triple rhythm:

-Clap 3 times on every beat. This is a steady and quick beat. You should clap 24 times as you

say: *and 1 and 2 and 3 and 4 and 5 and 6 and 7 and 8*

#### 4. 'We Will Rock You' rhythm:

- This song is sung by Freddie Mercury and the famous rock band **Queen**. Listen to this song on YouTube. This song has a very strong beat and rhythm. It is a fun song to play the rhythm sticks or drums with.

- *Hit your knees with both hands 2 times and clap once. Repeat 10 times.*

*Sing the song if you know it!*

#### 5. Roll it out:

-*Clap as fast as you can. This can be loud and crazy!*

C. Try marching these rhythms.

D. Try these rhythms with your sticks, by hitting them together.

E. Try these rhythms by hitting your sticks on your drum, pot, table, or sidewalk.

### YOU ARE NOW A DRUMMER!

#### F. Drum Circles:

Drum circles are groups of people who get together and follow a leader to drum different beats. Most Florida beaches have drum circles. When the beaches are open, perhaps you would like to attend one. They are free. Just type drum circle into Google. You don't need a drum to do this. Some people just dance to the rhythms! Have your own drum circle at home! Remember, almost anything can be used to make rhythms!

#### G. Rhythm Seeds:

Rhythm seeds are words with more than one syllable that you can do to make a new rhythm. Just beat out each syllable. Some of my favorites are:

1. Your full name.
2. Beat-that-drum, beat-that-drum.
3. I-like -meat-balls, do-you-like-spa-ghet-ti?
4. Hey-you-play-that-drum.

#### H. YouTube videos to watch about rhythms and drumming:

1. "The Vibe: Kids Drum Circle Practice"
2. "Rhythm Games" "Rhythm Banquet" Percussion for kids children and adults"
3. "Little Big Shots: Little Miss Sunshine Clip || Atlanta Drum Academy || SocialNews.XYZ" (with Steve Harvey)
4. "Dundun dance flash mob - Melbourne Djembe"

#### Accommodations for including all children

If the student uses a wheelchair, you can push them through the movements given. If there is an activity that involves using the hands and this is difficult for the student, use the 'hand over hand' (your hand on top of theirs) or 'hand under hand' (your hand under their hand) technique to guide them through the activity. Students with visual impairment will need the directions and information read to them. Those with hearing impairment may need to use American Sign Language. Lifepoint.com is a wonderful website to learn ASL. Check it out! Those students who are nonverbal may use their speaking devices. Let the student be creative in their own way and encourage them to do the activity only to the best of their own ability. Remember "there is no

disability in the Arts” and there is no wrong answer with these lesson plans. Have fun with these activities!

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