

## Objective

By the end of this lesson, you will be able to create different rhythms and sounds using your body as an instrument.

## Materials and Prep

- No materials are needed for this lesson.
- Make sure you have enough space to move around comfortably.

## Activities

- Warm-up: Start by clapping your hands together in different rhythms. Experiment with fast and slow claps. Try to create a pattern and repeat it.
- Body Beats: Use different parts of your body to create beats and rhythms. Try stomping your feet, patting your thighs, and snapping your fingers. Combine these sounds to create a body percussion sequence.
- Copycat Challenge: Take turns with a family member or friend. One person creates a body percussion sequence and the other person tries to copy it. Keep challenging each other with more complex patterns.
- Body Percussion Band: Gather some family members or friends and form a body percussion band. Assign different body percussion sounds to each person and create a performance together.

## Talking Points

- "Body percussion is a way of making music using your body as an instrument. You can create different sounds and rhythms just by using different parts of your body."
- "Clapping your hands together is a simple way to start creating rhythms. Try clapping fast and slow to see how it changes the sound."
- "Experiment with using different parts of your body. Stomp your feet, pat your thighs, and snap your fingers. Each body part creates a unique sound."
- "Challenge yourself by copying someone else's body percussion sequence. It's like a game of musical copycat!"
- "Creating a body percussion band is a fun way to make music together. Assign different body percussion sounds to each person and practice performing as a group."