

Materials Needed:

- Device for playing music (computer, tablet, phone)
 - Speakers or headphones
 - Paper
 - Crayons or markers
 - Optional: Simple percussion instruments (shaker, tambourine, wooden spoons, hands for clapping!)
-

Lesson Activity: Shake It Off with Rhythm!

Hi there, super music explorer! Did you know that one of Taylor Swift's superpowers is using rhythm and melody to make songs super catchy? Today, we're going to become music detectives and explore these ideas using some of her fun songs!

Warm-up: Feeling the Beat (5 minutes)

Let's start with Taylor Swift's song 'Shake It Off'. Play the beginning of the song. Can you feel the steady pulse, like a heartbeat in the music? That's the **beat**! Try tapping your foot or gently tapping your knees along with the steady beat. Practice this for about a minute.

Activity 1: Beat Keepers (10 minutes)

Listen to 'Shake It Off' again. This time, be a Beat Keeper! Your job is to keep the steady beat throughout the song. You can:

- Clap the beat
- Tap the beat on your lap
- March to the beat
- Use a simple instrument (like a shaker or spoons) to tap the beat

Try keeping the beat steady for the whole first verse and chorus! Awesome job!

Activity 2: Melody Mountains & Valleys (10 minutes)

Melody is like the tune of the song – how the notes go up high or down low. Let's listen to a bit of Taylor Swift's 'Love Story' (the chorus is great for this).

Take your paper and crayons. As you listen, draw the shape of the melody. Does Taylor's voice sound like it's going up high (like climbing a mountain)? Draw a line going up! Does it sound like it's going down low (like going into a valley)? Draw a line going down! Don't worry about making it perfect, just show the general direction of the sounds you hear.

Activity 3: Rhythm Rockstar (10 minutes)

Rhythm is different from the steady beat. Rhythm is the pattern of long and short sounds that happen *on top* of the beat. Let's listen to the rhythm of the words in 'Shake It Off' when she sings 'Shake it off, Shake it off!'. Can you clap that pattern? Try it!

Now it's your turn to be a Rhythm Rockstar! Create your own simple 4-beat rhythm pattern. You can use words (like 'I love Tay-lor') or just sounds (like 'Clap, tap, clap, stomp'). Practice your rhythm a few times. Can you repeat it? Try performing it for someone!

Wrap-up (5 minutes)

Wow! You explored the beat, melody, and rhythm today, just like Taylor Swift does in her music! You found the steady beat, showed melody direction with your drawing, and even created your own rhythm. You're on your way to becoming a music expert! Keep listening for these cool music ideas in all your favorite songs.