

## Objective

By the end of this lesson, the student will be able to understand basic rhythm using rhythm sticks.

## Materials and Prep

- Rhythm sticks (or any two similar objects like pencils or wooden spoons)
- A clear space to move around

No prior knowledge or experience is required for this lesson.

## Activities

- Activity 1: Rhythm Walk

Have the student hold the rhythm sticks and walk around the room. Encourage them to tap the sticks on the floor with each step, creating a rhythmic pattern as they walk.

- Activity 2: Copycat Rhythm

Start by clapping a simple rhythm using the rhythm sticks. Then, have the student try to copy the rhythm by clapping their sticks together. Take turns being the leader and the follower.

- Activity 3: Rhythm Freeze

Play some upbeat music and have the student move and dance freely with the rhythm sticks. When the music stops, they should freeze in a fun pose while still holding the sticks.

- Activity 4: Rhythm Patterns

Create a simple rhythm pattern using the sticks (e.g., tap-tap-tap, tap-tap). Have the student listen carefully and try to repeat the pattern. Gradually make the patterns more complex as they become more comfortable.

## Talking Points

- "Rhythm is the beat or pattern in music. It's like the heartbeat of a song."
- "Rhythm sticks help us feel and create rhythms by tapping them together."
- "When we walk with rhythm sticks, we can make a fun beat with each step we take."
- "Copying rhythms is like playing a game of follow the leader. We listen to a rhythm and try to make the same sound with our sticks."
- "When the music stops, we freeze and hold our sticks in a fun pose. It's like playing musical statues."
- "Rhythm patterns are like secret codes. We can create different patterns by tapping our sticks in different ways."
- "As we practice more, we can make more complex and exciting rhythms with our sticks."