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Preface

Everyone can gain great satisfaction from listening to and playing musical instruments. Almost everything around us, including our bodies, can be used as a sound source. Discovering musical sounds with everyday objects can be both fun and rewarding.

A number of musical sounds can be produced with simple, inexpensive objects found around the home. Many of these non-traditional instruments (such as pots and pans, bowls, and cardboard boxes) can be tuned to a variety of pitches by the use of finger pressure. Like traditional instruments, these objects can be used with parents and other family members in the home for personal enjoyment or in the classroom by teachers interested in stimulating creative ideas for their students. All these items can be great tools in the study of both sound and rhythm awareness.





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Introducing the Quarter Rest

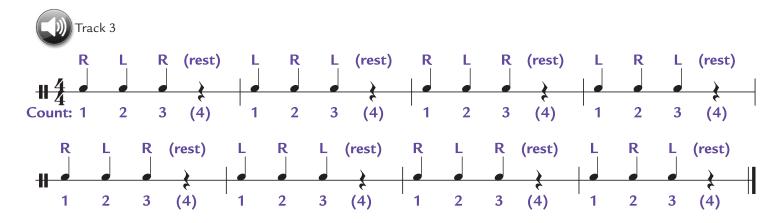
Rests are signs of silence. This strange-looking music symbol is called a *quarter rest*. It means to be silent for the value of a quarter note (one beat).



1 beat

Rest Warm-Up

Before playing "Three Blind Mice," practice this exercise (at least three times) until you are comfortable playing rests. Start slowly, and gradually increase the tempo each time you play.



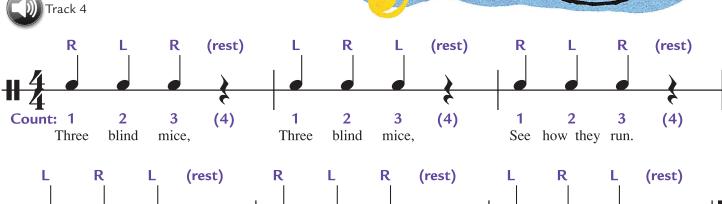
Three Blind Mice

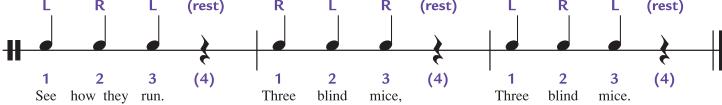
Before playing along with the recording, practice the part alone until you are comfortable with it.

Practice Tip

Tap the rhythms while singing the words.









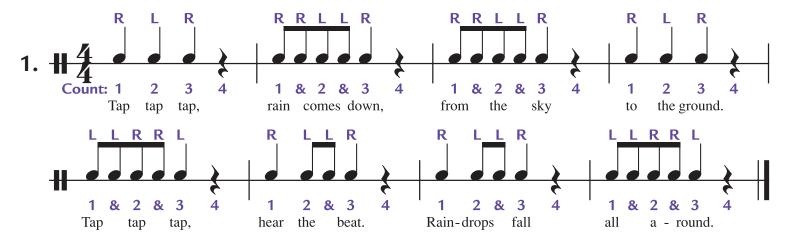
Three Rhythms in One Song Count and tap each rhythm below.



Rain Comes Down Track 15

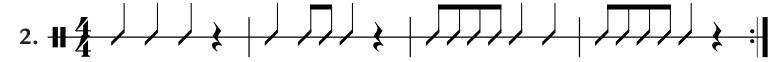


Before playing along with the recording, practice the part alone until you are comfortable with it. Start slowly, and gradually increase the tempo.



Improvise on a Sound Source

Repeat the following exercises at least three times. Start slowly, and gradually increase the tempo.



Body Drumming

C = Chest pat H = Head pat L = Leg patCCCCS.S. 1 S.S. 2