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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.



Track 3

Two staves of music for a warm-up exercise in 4/4 time. Each staff contains four measures. The first three measures of each staff have a right-hand (R) and left-hand (L) quarter note, followed by a quarter rest. The fourth measure of each staff is a whole rest. Below each measure are the counts: 1, 2, 3, (4).

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.



Track 4

Two staves of music for the song “Three Blind Mice” in 4/4 time. The first staff contains three measures with lyrics: “Three blind mice, Three blind mice, See how they run.” The second staff contains three measures with lyrics: “See how they run. Three blind mice, Three blind mice.” Each measure has a right-hand (R) and left-hand (L) quarter note, followed by a quarter rest. The fourth measure of each staff is a whole rest. Below each measure are the counts: 1, 2, 3, (4).



Three Rhythms in One Song

Count and tap each rhythm below.

1.
 Count: 1 2 3 4

2.
 Count: 1 & 2 & 3 4

3.
 Count: 1 2 & 3 4

Rain Comes Down



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

1.
 Count: 1 2 3 4 1 & 2 & 3 4 1 & 2 & 3 4 1 2 3 4
 Tap tap tap, rain comes down, from the sky to the ground.

1 & 2 & 3 4 1 2 & 3 4 1 2 & 3 4 1 & 2 & 3 4
 Tap tap tap, hear the beat. Rain-drops fall all a - round.

Improvise on a Sound Source

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

2.
 :

Body Drumming

H = Head pat C = Chest pat L = Leg pat

3.
 S.S. 1 C C H H H C C C C H C
 S.S. 2 L L L L L L L L L L L L L L L L
 :