


Aural

Hear a C
in your
head

Sing a long
C with a
crescendo

Play a C

Sing 3 notes
above C (E)
with a *dim.*

Sing 5 notes
above C (G) with
a 

Improvising

Make up some music
to go with this
short story:

It was a dark and stormy night;

*The wind was howling and the
rain was pounding on the rooftop.*

*Inside, a cat snoozed happily
by the open fire.*

All was calm.

Now make up your own
little story with music.

Rhythm

Choose a short piece to play.
Roll a dice and follow
the instructions:



Play at
half speed



Play with
a metronome



Replace
any 
with 



Clap the
rhythm
backwards



Clap the
rhythm at
double speed



Replace
one note
in each bar
with a rest