

❖ Five Steps to Create a Rock-Solid Rhythm

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1. Echo Language With Body Percussion

This can be done at the opening of your session to ensure the class is ready for the content.

2. Echo Language With Instruments

Continue to use voice with the echoes. Adjust your tempo to make it easier or more challenging.

3. Teach The Notes

Break down the notes by saying while playing “clap-clap-clap bass bass.” Use the safety to risk model to build confidence and active participation.

4. Move Between The Modalities

Have students continue to play and move between mnemonics, body percussion, and instrument until the rhythm is solid and to teach the transferability of the rhythm.

5. Create Space

By cutting the rhythm in half, playing for one measure with one measure of rest, the tempo will stabilize and allow students space to learn while staying in the groove.

NUGGETS:

PARTICIPATION > ACCURACY: If they say the words, listen to each other, and put in effort, the power of entrainment, repetition, and observation will be more effective than correcting individual students.

TROUBLE WITH RHYTHM: Are some individuals having trouble with the rhythm?

- **NUMBERS:** Attach numbers to the notes to make sure they play a note every time they say a number. Multi-syllable mnemonics are difficult for young students to say and play at the same time. For example: if a student is having a hard time saying and playing “ti ti tika” or “I’m so fun-ky” have them count “1 2 3-4” in the same rhythm. Being able to visualize how many notes are in the rhythm is often helpful.
- **LANGUAGE:** If English is their second language try using the numbers method above in their own language.
- **HANDS:** Have students play with one hand to see if it's a coordination issue. Use one hand at a time as they build coordination.