

Rhythms of the Land

Kindermusik: Learning Through Music

Level 4: Rhythms of the Land

Lesson Focus: Steady Beat

Admit it. You know you do it. You just can't stop yourself. There you are driving to work, shopping at the grocery store, or maybe waiting at the doctor's office and you find yourself doing it. Unconsciously, you tap your foot, nod your head, or drum the steering wheel along to the beat of the music you hear. Thanks to the steady beat of your heart, your body is naturally wired for responding to a steady beat. However, the ability to consciously recognize and demonstrate steady beat takes practice.

In Kindermusik, we know that the capacity to identify steady beat can be used for more than singing or playing an instrument. Your child will use steady beat in writing, dribbling, using scissors, dancing, shooting a basketball, and any other number of movement activities. Throughout the Kindermusik experience, we develop beat by rocking, bouncing on a lap, playing an instrument to one's own internal beat, matching one's beat to an external source—first whole-body movement, then body percussion (“Clap, Clap, Clap Your Hands” anyone?), and then instruments.

Everyday Connection: Steady Beat Treasure Hunt. Go around your house inside and outside. Search for things that make a steady beat. The clock? Dripping water? Microwave timer? Crickets? How many can you and your child find?