



# Time for Lunch



## Lesson Focus: Steady Beat

Walking, running, riding a tricycle, dancing, kicking a ball: you name a whole body movement and your child is probably trying to master it....in the house, in the yard, at the grocery store, and sometimes while buckled in the car. (*Please, stop kicking Mommy's seat.*) All this movement takes a sense of time and the ability to organize and coordinate movements within time.

In Kindermusik, we call this regularly paced repeated motion: steady beat! The most basic property of music is beat, the underlying, unchanging, repeating pulse. When playing the sandblocks while listening to "Donkeys Love Carrots" or tapping, shaking, or jingling the bells during "Sweet Potatoes," your child is practicing steady beat. That same sense of steady beat will help your child walk, run, ride a tricycle, use scissors, and, yes, even kick the back of your seat in time to the music.

**Everyday connection:** *Can't catch me!* Put on your favorite Kindermusik songs and pretend to be the Gingerbread Boy (or Girl!). As you take turns chasing each other, try stomping, running, marching, or jumping to the beat to get away. If the Gingerbread Boy gets caught, try tickling to a steady beat!