

🎵 Mini Music Moment: “What’s the Beat of Peace?”

Theme: Finding Peace Through Rhythm

Focus Skills: Steady beat, body percussion, expressive listening

Tone: Gentle, calming, family-friendly

Includes:

- Game
- Rhythm activity
- Coloring page
- Printable flashcards

🎵 Activity Overview:

Children explore the idea that peace has a rhythm—calm, steady, and soothing. Through body percussion and rhythm patterns, they’ll feel how music can help us slow down and feel peaceful inside.

👉 Step-by-Step Activity Instructions:

👤♀️ 1. Warm-Up: “Feel the Peaceful Beat”

Have children sit in a circle or comfy space.

Ask: “What does peaceful music sound like? Loud or soft? Fast or slow?”

Play a soft instrumental track (e.g., harp, wind chimes, or lullaby-style piano).

Invite children to tap a soft beat on their chest or lap in time with the music.

Guided Phrase:

“Peace has a beat. It’s calm and kind. Let’s tap the beat and clear our mind.”

👉 2. Peaceful Body Percussion Pattern

Teach this simple rhythm (repeat together in call-and-response):

👉 Lap – Clap – Snap – Snap

👉 Clap – Lap – Clap – Hands up (pause)

Call it the “Peace Pattern.” Do it slowly and smoothly, like flowing water.

You can say:

“Let’s move gently—like leaves in the breeze. Feel the peace in your body.”



3. Peace Phrase Rhythm Game

Introduce the phrases:

“Kind words grow peace.” (Ta – Ta – Ta – Ta)

“I know I can be calm.” (Ta – Ti-Ti – Ti-Ti - Ta)

“God gives me peace.” (Ta – Ti-ti – Ta – SH)

Clap or play each phrase rhythm together. Then mix them up like a game—kids guess which one you’re clapping!



Kind



words



grow



peace.



I



know



I



can

be



calm.



God

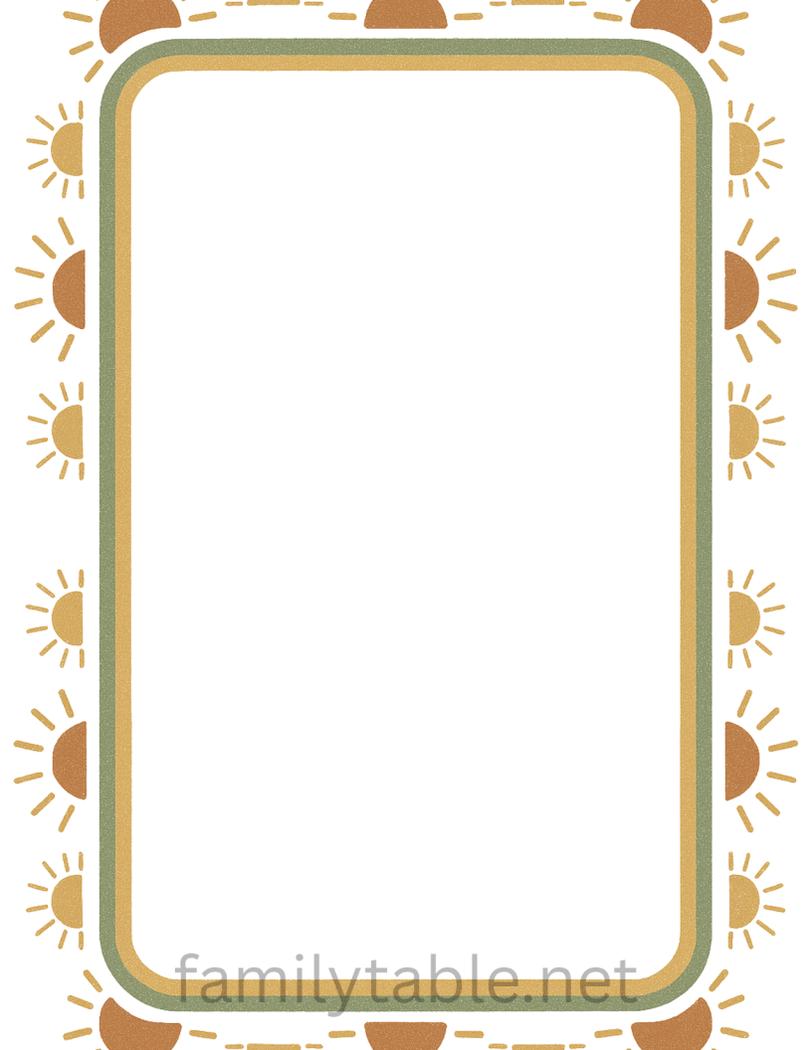
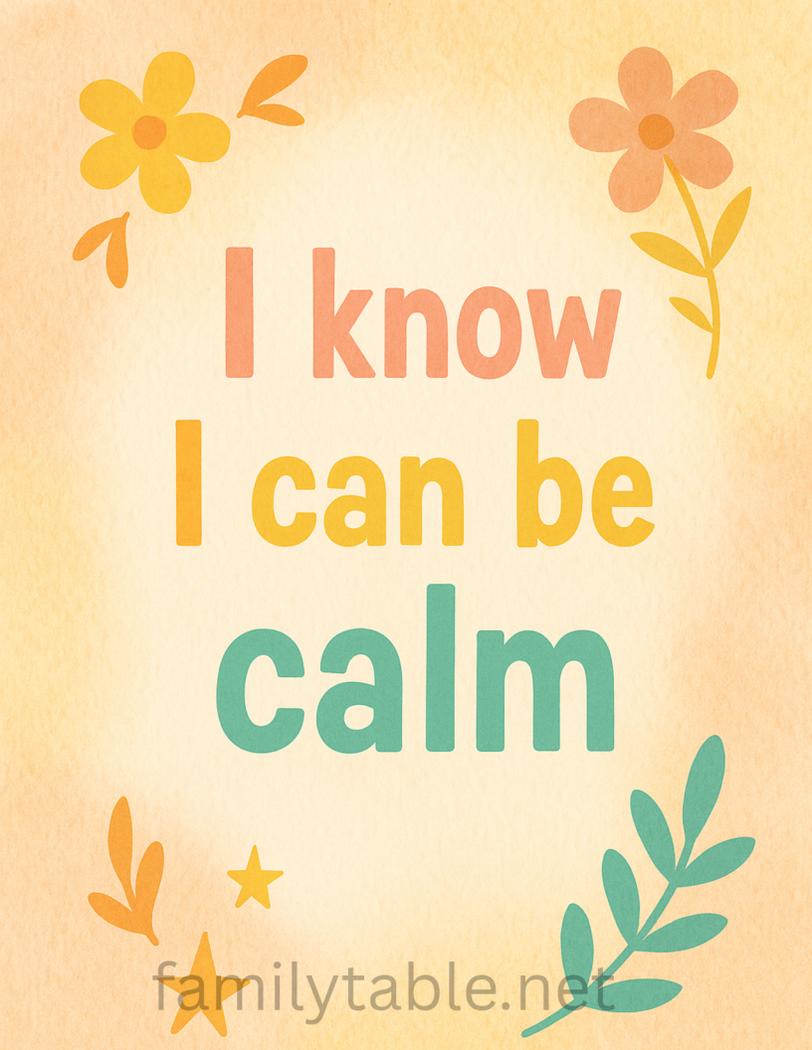


gives



me

peace.





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percussion

