

Music — Rhythmic Patterns and Body Percussion

Base Sheet

Activity Sheet

The child creates and performs rhythmic patterns using body percussion (clapping, stomping, snapping, patting knees). This lesson develops the sense of rhythm, pattern recognition, and prepares for music reading.

What You Need:

- No special materials needed — just your body!
- Paper for rhythm notation
- Colored markers for symbols
- Optional: drum or rhythm instrument

Steps:

1. 'Music is made of rhythm — patterns of sound! Your body is an instrument. Let us explore!'
2. Demonstrate body percussion sounds: clap, stomp, pat knees, snap fingers.
3. Create a simple pattern: clap-clap-stomp. Repeat 4 times. 'That is a rhythm pattern!'
4. Child echoes your patterns (call and response).
5. Make patterns more complex: clap-stomp-pat-pat-clap.
6. 'Now YOU create a pattern! Teach it to me!'
7. Introduce simple rhythm notation: big circles = clap, squares = stomp, small circles = pat
8. Child writes a 4-beat pattern using symbols, then performs it.
9. Layer patterns: parent keeps a steady clap while child adds a different pattern on top.

Work Space:

