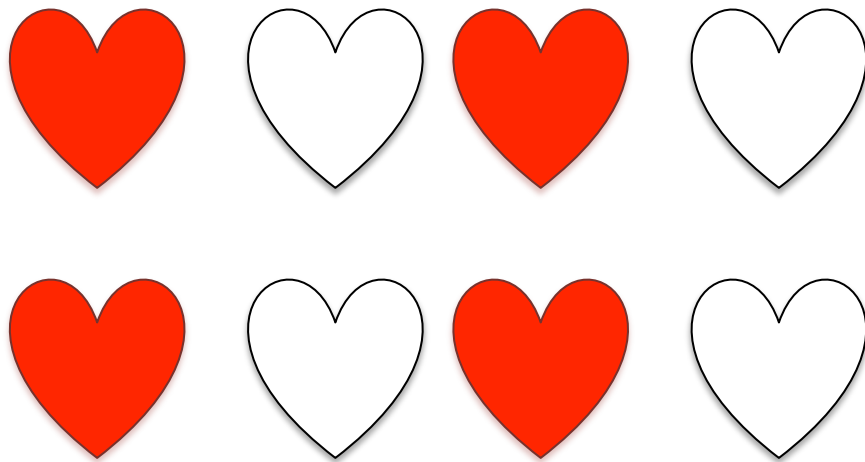


Steady Beat and Rhythm Patterns for February



Visit www.pre-kpages.com for more ideas.

Steady Beat

1. Print 8 copies of the red heart.
2. Lay hearts in a line or attach in a line to a magnet board.
3. Count 1, 2, 3, 4 (at the speed of the beat). Guide kids to clap to the beat as you point to each heart. At the end of the line, go back to the first heart to continue the count.
4. Play a song. Clap the steady beat, using the hearts as cues.
5. Sing a song and clap the steady beat.
6. Use instruments to play on the steady beat as you sing or listen to a song.

Rhythm Patterns

1. Print 8 copies of the red heart and the white heart.
2. Lay hearts in a line in an alternating pattern.
3. Tell children that the white heart means to make no sound. (“Rest” in music)
4. Count 1, 2, 3, 4 (at the speed of the beat). Guide kids to alternating claps and rests to the beat as you point to each heart. At the end of the line, go back to the first heart to continue the count.
5. Change the pattern, mixing red and white hearts in a different configuration, such as R, R, W, R, R, W, R, R. Clap the new pattern.
6. Invite children to take turns changing the pattern.

A Song to Sing

“On Valentine’s Day”
(tune: “Mary Had a Little Lamb”)



I received a red heart,



Red heart, red heart,



I received a red heart



On Valentine’s Day.



**Substitute other colors in the
song (blue heart, green heart).
Or substitute other gifts in the
song (blue kite, green frog).**



More Complicated Patterns

1. Print copies of the red heart, the white heart, and the double pink hearts.
2. Tell children that the red heart means to clap once on the beat. The white heart means to rest on the beat (no clap). The pink hearts mean to clap twice on the beat.
3. Lay hearts in a line in an alternating pattern.
4. Count 1, 2, 3, 4 (at the speed of the beat). Guide kids to alternating claps and rests to the beat as you point to each page. At the end of the line, go back to the first heart to continue the count.
5. Invite children to take turns changing the pattern.

Other Ideas

1. Play rhythm instruments to the patterns. Rhythm sticks, claves, jingle bell bracelets, and egg shakers are good choices.
2. Designate a movement for each type of heart (such as touch head for red heart and touch floor for white heart). Play music and follow the pattern with movements.
3. Sing the patterns. Sing “Ta” for every red heart and say “Sh” for every white heart. If you add the pink hearts, say “Ti-ti” on the beat for each pair of pink hearts.
4. Give each child a paper ball or large pom-pom. Bounce in a steady beat on your leg. Change the pattern and bounce on red hearts and freeze on white hearts.



