

T3.002: Rhythmic Foundations Overview: Rhythm is the heartbeat of music. It's what makes music move and gives it life. In this step, we focus on finding the rhythm for your song by creating a steady beat. Activity: • Step 1: Start by tapping your hands gently on a table. See if you can create a steady beat, just like your heartbeat. • Step 2: Try to change the speed of your tapping. Is it fast like running or slow like walking? Choose a rhythm that feels natural to you and write it down. Basic Music Theory Link - Rhythm: What is Rhythm? Rhythm is the pattern of sound and silence in music. It's what makes you want to tap your feet or dance. Each song has its own rhythm, just like every poem has a unique flow. Practical Tip for Educators: You can compare rhythm to the pulse of the music. In poetry, rhythm helps to create the flow of words. In music, it helps guide the melody.

