

HONOR YOUR PARTNER RHYTHMS By ED DURLACHER

Rhythm is one of the basic elements in music. Youngsters find great joy and satisfaction in expressing themselves to music which is definitely marked in rhythm.

Our aim is to guide and stimulate participants to express themselves creatively and to develop an awareness and an understanding that music swings or moves in two or three beats (meter). Rhythmic response varies with change in meter (beat), tempo (speed), mood (sad or happy) and volume (loud or soft).

1. Clapping Hands and Walking

There are many approaches in the development of rhythmic activities. We may sit or stand in a stationary position (axial or non-locomotor). Start clapping hands in time with music of varying meter, tempo, volume, and mood. After these concepts have been established strengthen them by bringing other parts of the body into action. Move arms gracefully up and down and from side to side. Draw imaginary designs or pictures with arms and hands in the air or on the floor. Swing, sway, twist, turn or bend the body and the head. Use scarves or balloons.

2. Heavy Walking, Lumbering Movements

3. Toy Soldiers, Marching

4. Swinging and Swaying

5. Arm movements

6. Flowers: opening, closing, growing
7. Combination Movements: dancing, flowers, etc.
8. Walking
9. Marching
10. Combination: walking and marching
11. Heavy Walking
This part may also be used at Halloween time for a Witches Party, i.e., witches peering through windows, creeping into rooms plus other witch activities. Elephant and rhinoceros imitations. Hide and seek, treasure hunt, other games.
12. Flower interpretations
13. Bird interpretations
14. Bird interpretations
15. Flower interpretations
16. For trotting or light running with pauses; to stimulate snowflakes falling to earth.
17. Leaping and jumping to counts; making snowballs, patting them well, throwing into air.
18. High stepping gallop; rhythm instruments in a circus parade with clownish actions.
19. Christmas music background; reindeer pulling loaded sled for Santa Claus through deep snow.
20. Ice skating or roller skating

21. Making arches each time the Weasel POPS with others going under at that time.
22. Skipping
23. Hopping



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