

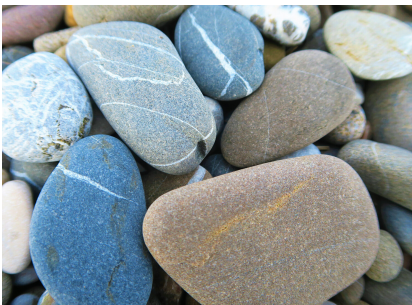
# Play to Learn

## Rhythm Sticks



### What ?

- 1) Create opportunity for music and movement with rhythm sticks
- 2) Keep the beat while singing songs
- 3) Explore the different sounds you can make with objects outside and from around the house



Watch Miss Diana's "Rock N' Rhythm" video here

<https://youtu.be/6qyPEYGoPmc>

### Why?

- \*provides emotional release
- \*develops understanding of rhythm, rhyme and sound
- \*encourages language development
- \*provides opportunity to learn about culture and traditions
- \*promotes turn taking and sharing of ideas
- \*develops motor skills and hand-eye coordination
- \*promotes a sense of self-confidence

### How?

- you can make your own rhythm sticks with wooden dowels (these can be found in the craft section of most dollar stores); you can also use sticks or pieces of wood found outside (even rocks)
- find the beat (tap your sticks/rocks together either to the beat of a song or just for fun!)
- have your child choose one of their favourite songs to sing together
- tap your rhythm sticks
- practice slow and quick, quiet and loud (compare the sounds and talk about which ones you like best)
- have fun exploring music and movement together



Find the beat with sticks and rocks in your own backyard

"The only way to move from these super-high anxiety states, to calmer more cognitive states, is rhythm. Patterned, repetitive rhythmic activity: walking, running, dancing, singing, repetitive meditative breathing."

-Dr Bruce Perry

(on how rhythm regulates the brain)