

Introducing the Quarter Rest

Rests are signs of silence. This strange-looking music symbol is called a *quarter rest*. It means to be silent for the value of a quarter note (one beat).



Rest Warm-up

Before playing “Three Blind Mice,” practice this exercise (at least three times) until you are comfortable playing rests. Start slowly, and gradually increase the tempo each time you play.



Track 3

4/4

Count: 1 2 3 (rest) | 1 2 3 (rest) | 1 2 3 (rest) | 1 2 3 (rest)

R L R | L R L | R L R | L R L

1 2 3 (rest) | 1 2 3 (rest) | 1 2 3 (rest) | 1 2 3 (rest)

Three Blind Mice

Before playing along with the CD, practice the part alone until you are comfortable with it.

Practice Tip

Tap the rhythms while singing the words.



Track 4

4/4

Count: 1 2 3 (rest) | 1 2 3 (rest) | 1 2 3 (rest)

R L R | L R L | R L R

Three blind mice, | Three blind mice, | See how they run.

L R L | R L R | L R L

1 2 3 (rest) | 1 2 3 (rest) | 1 2 3 (rest)

See how they run. | Three blind mice, | Three blind mice.



Three Rhythms in One Song

Count and tap each rhythm below.

1.
 Count: 1 2 3 4

2.
 Count: 1 & 2 & 3 4

3.
 Count: 1 2 & 3 4

Rain Comes Down Track 15

Before playing along with the CD, practice the part alone until you are comfortable with it. Start slowly, and gradually increase the tempo.

1.
 Count: 1 2 3 4 Tap tap tap, rain comes down, from the sky to the ground.
 Count: 1 & 2 & 3 4 Tap tap tap, hear the beat. Rain-drops fall all a-round.

Improvise on a Sound Source

Repeat the following exercises at least three times. Start slowly, and gradually increase the tempo.

2.

Body Drumming

H = Head pat C = Chest pat L = Leg pat

3.
 S.S. 1 C C H H H C C C C H C
 S.S. 2 L L L L L L L L