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

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

Watch Miss Diana's "Rock N' Rhythm" video here
https://youtu.be/6qyPEYGoPmc

"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)