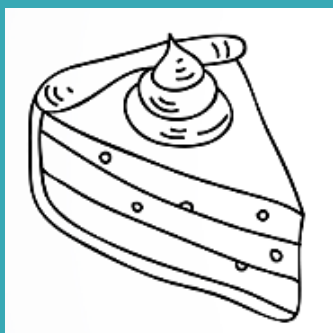


# Teaching Rhythm Patterns

*(with food!)*



[carolmatzpiano.com](http://carolmatzpiano.com)

## Teaching Rhythm Patterns (*with Food!*)

Who doesn't like food? (I'm eating chocolate kisses as we speak... purely as inspiration, mind you!) Using words is a great way to get students to *feel* a rhythm, and food names are always fun for students. I can still hear my teacher saying "liberty, liberty" for triplets... not as fun as food. Did your teacher use "blueberry" or maybe "strawberry?"

To expand on this idea, I've put dozens of these rhythmic devices in one place, *leveled progressively*, so they can be used with students as they learn new rhythm patterns.

In this packet, there are 4 basic levels (two pages for each level):

- Level 1 = quarter notes, half notes, whole notes
- Level 2 = adds eighth notes
- Level 3 = emphasizes triplets and swing feel
- Level 4 = emphasizes sixteenth notes

Feel free to print these pages out (on paper, cardstock, etc.) If you'd like each rhythm pattern to be separate, you can cut out each individual one (and perhaps laminate the whole page before cutting). Please feel free to share this packet with other teachers and use with any of your students!

### Here are some suggested ways to use these rhythm patterns:

1. Say the words aloud *in rhythm* 2–3 times, and ask the student to copy you. Have the student repeat a few times.
2. Say the words while *clapping* the rhythm (2–3 times), and ask the student to copy. (Tapping can be used in place of clapping.)
3. Each rhythm is one complete measure; you may combine rhythms with the same time signature by placing individual cards next to each other.
4. After a group (or level) of rhythm patterns is learned, place them all in front of the student. Clap one of the rhythms a few times, and ask the student to choose the pattern you clapped. (This can be repeated as part of a game.)
5. The student may then progress to playing each rhythm pattern on the keyboard *while counting aloud*. Have the student play the rhythm, using one hand, while placed in a simple five-finger pattern.

I'm sure there are plenty of fun ways to use these "food rhythms"...I look forward to you sharing your ideas with me and other teachers! You may email your ideas to share, if you like: [carol@carolmatzpiano.com](mailto:carol@carolmatzpiano.com)

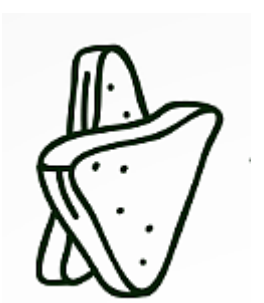
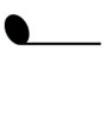
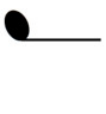
Enjoy! Carol Matz



Soft



Pret - zel



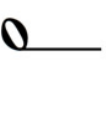
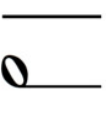
Pea - nut



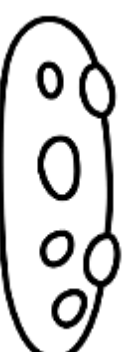
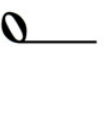
But - ter



Sand - wich



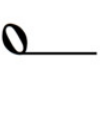
Lol - li - pop



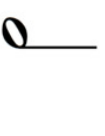
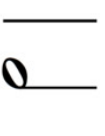
Choc - 'late



Chip



Cook - ie



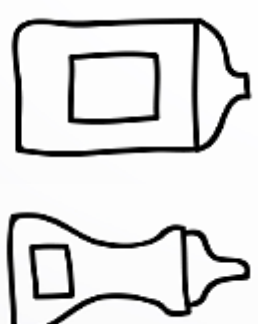


Gua - ca - mo - le

4 | ● | ● | ● | ● |

Dip

| | ●



Ketch - up and

3 | ● | ● | ● |

Mus - tard

| | ● | ●



Straw - ber - ry

3 | ● | ● | ● |

Jam

| | ● |

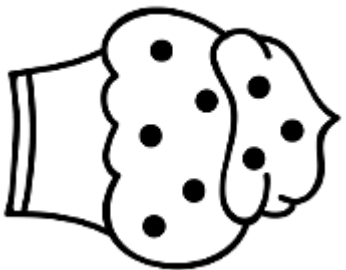


Ap - ples and

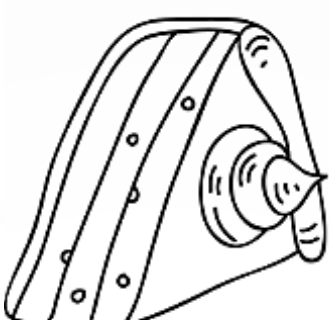
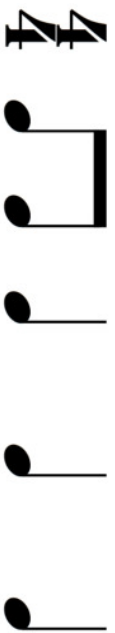
3 | ● | ● | ● |

Or - anges

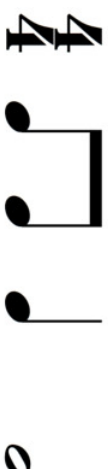
| | ● | ● | ● |



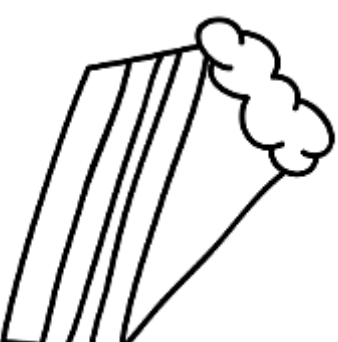
Choc-'late Chip Cup - cake



Bos - ton Cream Pie

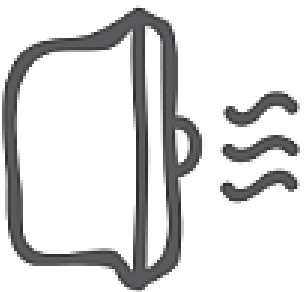


Sweet Po - ta - to Fries

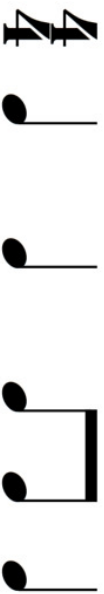


Choc-'late Cake with Frost - ing





Green Bean Casserole



Honey Nut Cheerios

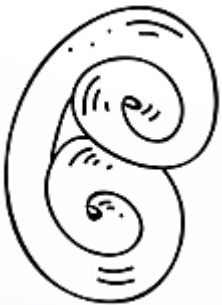


Pan cakes with Maple Syrup

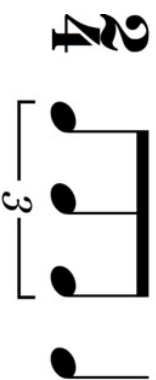


Pop corn and Raisinettes



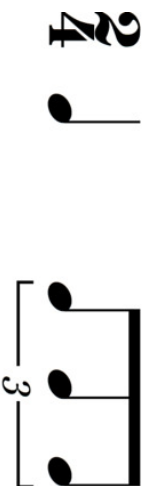


Cin - na - mon Roll



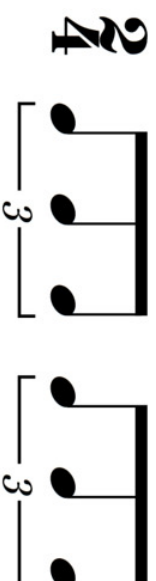
Fresh

Blue - ber - ries



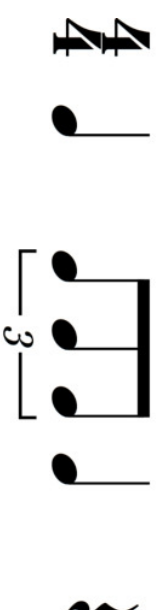
Car - rots and

Broc - co - li



Fried

Ar - ti - choke Hearts



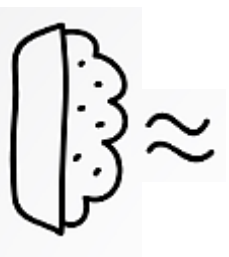


*Swing feel*

Straw - ber - ry



Cheese - cake



*Swing feel*

Mac - a - ro - ni and Cheese



*Swing feel*

Roast - ed

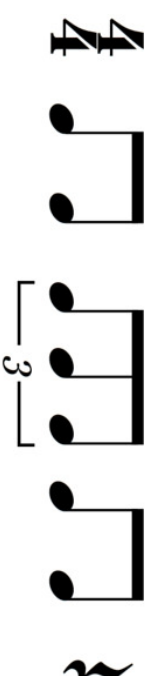


Veg - 'ta - bles



*Swing feel*

Pea - nut Butter and Jel - ly

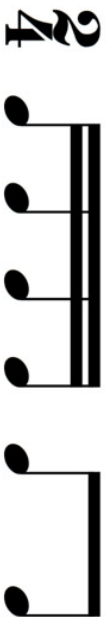








Choc - 'late Frost - ed Do - nut



But - ter - scotch Can - dy



Egg - plant Par - me - san



Red Vel - vet Cup - cake

