

# Energize

## Energizing Our Bodies with Rhythms

Artist/Author: Antonio M. Gómez



**Time Needed:** 10–20 minutes

**Arts Focus:** Music

**Age Range:** 3-8

### Mini-Lesson Description:

In this lesson, learners will energize their bodies and minds by creating rhythmic patterns of body percussion, with the option to create variations and vocalize to help create energized focus.

### Key Concepts:

Clapping; Rhythm; Patterns; Body Percussion; Chanting; Call and Response; Unison; Multipart; Focus.

### Materials Needed/Prep:

- Bodies and voices
- A space free of objects that distract
- Room to move hands and/or stomp feet
- This activity works best when learners are in a sitting circle (ie; Morning Circle) or a standing circle
- Once introduced, this activity can also be used with learners sitting facing the instructor, such as during rug time, following a read aloud or lesson, or when the group may need to be energized and re-focused.

### Step-by-Step:

1. Prepare for the lesson by practicing some rhythms or patterns you might use. Experiment with different variations of clapping and leg pats while sitting cross-legged. An introductory pattern might be the pat-pat-clap of “*We will rock you*” that is popular at sporting events.
2. Practice talking while you are doing the pattern, so that you are ready to lead the rhythm and still interact!
3. Sitting in a circle with legs crossed, let the children/child know that you are going to create a beat. Invite them to listen closely to your whole phrase/pattern and how it repeats. Once they hear it, they can join in.
4. Using claps and leg pats start a rhythmic pattern.
5. Give positive feedback as learners begin to participate. Are they sequencing the pattern? Are they maintaining a constant tempo in unison with you and each other?
6. Once everyone is clapping the pattern together and you are ready to end the activity, call out “*1, 2, ready stop!*” and see if everyone can end at the same time, with shared focus.
7. If the group is not able to end together on the same beat, try starting the rhythm again using cues to listen. Scan the group to establish eye contact to reinforce the countdown with a visual cue.

### Variations and Next Steps:

- Support any differently abled learners by using different types of body percussion or emphasizing synchronized gesture if working with Hard of Hearing learners.
- Add other sounds besides leg pats and hand claps, such as snaps, shoulder or chest taps, and so on.
- Lead this activity standing and incorporating stomping or marching in place.
- Add complexity with one half of the group playing one pattern and another a different pattern.
- Invite learners to be song leaders by devising and teaching their own patterns.
- For a multi-tasking challenge, add chants over the rhythmic patterns such as:

Leader: Our minds

Group: *Are sharp!*

Leader: Our hearts

Group: *Are open!*

Leader: Our bodies

Group: *Are ready!*