

Body Percussion

After you've tried making music and found your rhythm from the activity in this Teachable Moment, try out some of these activities below!

My Cute Little Heart Beat | Sesame Street (PreK-K)

Grover is using a stethoscope to listen to his heartbeat. His heart is beating slowly because Grover is calm. When he listens to a chicken's heartbeat after she's been running, he hears it beating very quickly. Moving around, or exercising, causes the heart to beat faster and makes the heart stronger. This resource focuses on physical health.



pbslearningmedia.org/resource/sesame-listen-to-my-cute-little-heart-beat/my-cute-little-heart-beat-sesame-street/

Rhythm Challenge | Camp TV (K-5)

Get up and move your body to the rhythm with the help of Kelly and Tim from National Dance Institute. Follow along with this video from Camp TV.



pbslearningmedia.org/resource/ctv22-rhythm-challenge-video/camp-tv/

Let's Share a Story: "I Got the Rhythm" | Let's Learn (PreK-2)

Read I Got the Rhythm with Ingrid Running from NYC Children's Theater. This book, written by Connie Schofield-Morrison, is about a little girl's appreciation of rhythms in the world around her. After reading, perform an activity with different rhythms and musical instruments.



pbslearningmedia.org/resource/ll76-i-got-the-rhythm-video/lets-learn/