

Compose Music Using Body Percussion

Plan/Instructions:	<ul style="list-style-type: none">• How many different sounds can you make by clapping your hands? Try holding them flat, cupping them, using two fingers, etc. How many different sounds can you make with your feet?• Create body percussion patterns to accompany a song of your choice.• Use your feet, pat your legs, clap your hands, snap your fingers - get creative! Make some sounds loud and others quiet.• Try to use rhythms you have learned in music class, such as quarter notes, eighth notes, and rests (ta, ti-ti- and shh).• Create 3 different body percussion patterns called A, B, and C. Write them down in a way that makes sense to you. Decide what order you will perform them in.• Practice your body percussion accompaniment to your song.
Materials Needed:	Music for listening
Source:	Andrea Lewis, Fine Arts Coach, Anglophone South School District
Additional Resources:	Examples of body percussion patterns, both as videos and written in notation: https://www.bodypercussionclassroom.com/body-percussion-rhythms.html
Opportunities for Stretch:	Teach your body percussion composition to someone. Record it and share it with family or friends.