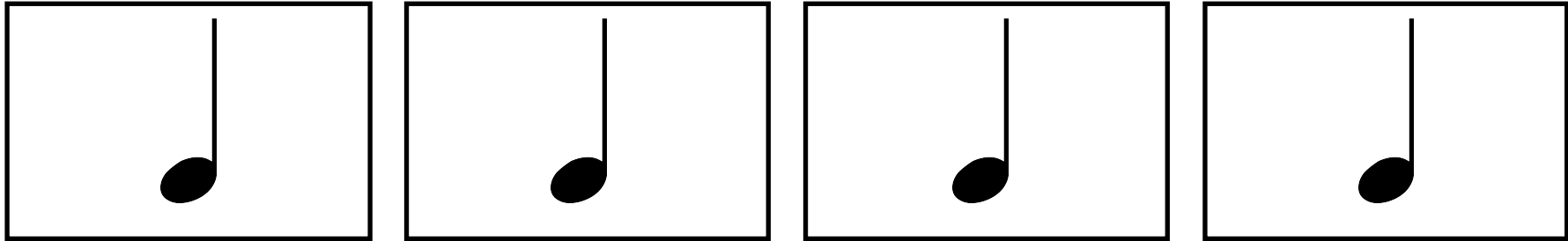
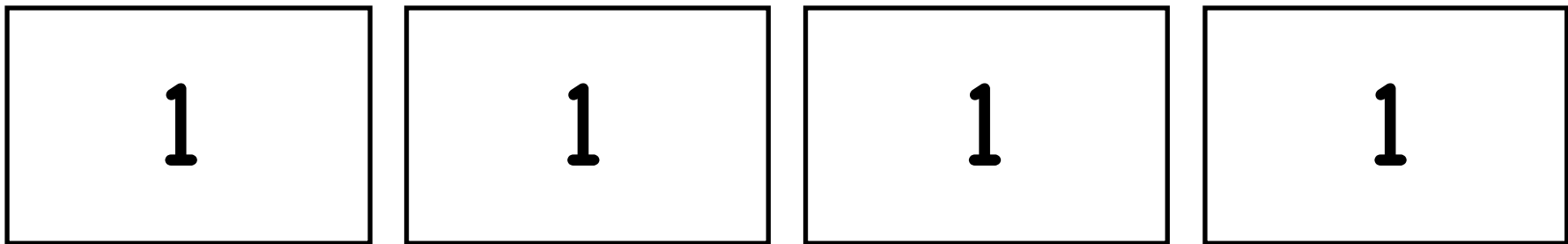


Below is the symbol for our **pulse** (or **beat**) in music, the **quarter note**. Clap four **quarter notes** in a row; remember how a heart beats and clock ticks!



Try the same exercise, but now say "1" while you do it. **Quarter notes** last 1 **beat**, and because it's our **pulse**, remember to feel yourself saying "1" steadily throughout!

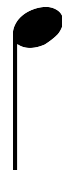


Now, try the same exercise again, but try tapping four **quarter notes** with each hand.

Before you do, notice that a **quarter note** has a black/ filled-in oval part (the **head**) and a stick part (the **stem**). The direction of the **stem** can tell us which hand we'll use!

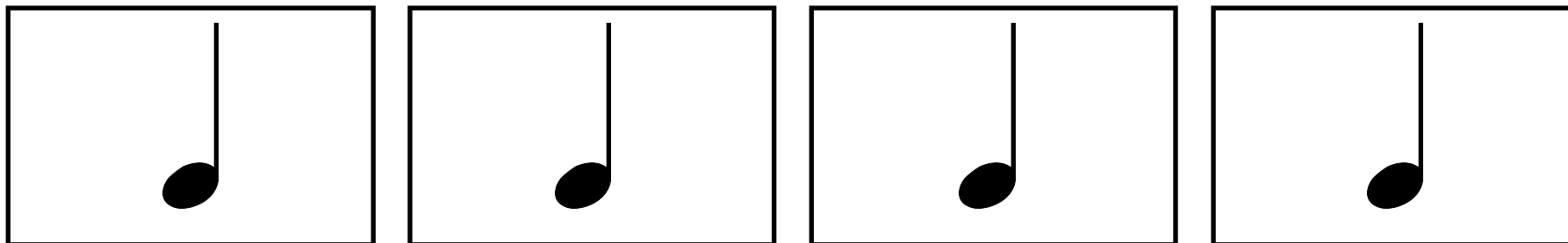


When the stem is on the **right** and points **up**, use your **right hand**.
Remember, "**stem up, right!**"

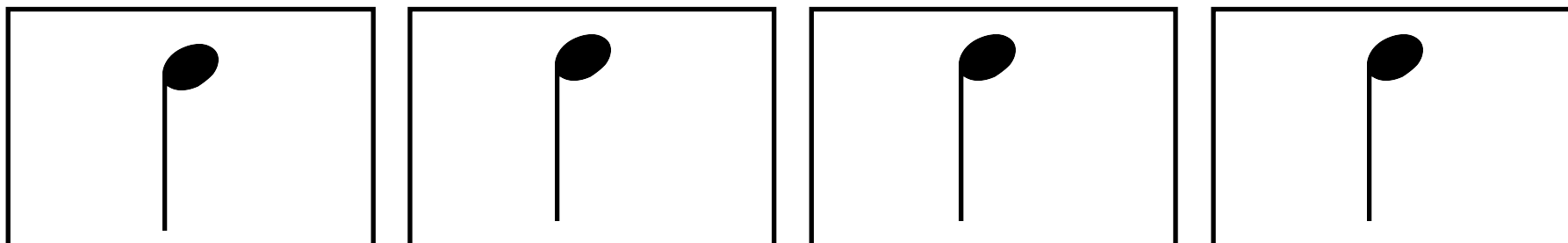


When the stem is on the **left** and points **down**, use your **left hand**.
Remember, "**stem down, left!**"

Here's a visual for using your **right** hand (because it's "stem up, right!"):



And here's a visual for using your **left** hand (because it's "stem down, left!"):



Try doing this exercise with both hands - do four steady **quarter notes** in the **right** hand, switch to the **left** hand and do another four, switch back to the **right** and do the same, and finally switch back to the **left** and do the same thing one last time!

When you're done, make up clapping, tapping, or snapping exercises of your own! Practice doing **quarter notes** in both hands (mix them up if you want), and always, always, always strive for that steady **pulse**.

