

Make short bursts of a regular beat on percussion instruments for me to hear

Try different instruments – the important thing for me to realise is that the same pattern can be made using different sounds



Music for the Brain



- Tap the same simple pattern on different instruments such as the drum and tambourine
- First use your fingers, and then try different beaters, soft and hard
- Scratch your nails to and fro, making the same pattern on the head of a drum
- Make the same pattern by tapping instruments gently on my hands or arm
- Tap the pattern on a resonance board, so that I can feel the regularity of sound and vibration right through my body
- Use switches or motion-sensitive technology to make the same, simple pattern, and let me watch and feel what you are doing