

RHYTHM GROCERY LIST

 Blue

 Jello

 Jell - rest

 rest - o

 pineapple

 huckleberry

 gooseberry

 berry goose

 purple

 cookie

 celery



WATCH THE VIDEO
WALKTHROUGH

**WATCH THIS FIRST: HEAR THE RHYTHMS
AND SEE HOW TO USE THEM IN MUSIC**



How to Use Your Rhythm Groceries

Start by tuning into a steady pulse — you can walk, sway, or turn on a metronome.

Say one food word for every beat. For example, pineapple has three quick sounds (a triplet) that fit neatly into one beat.

This isn't the only way to practice rhythm, but it's especially helpful when you're learning new music or passages with lots of subdivisions. The food words make it easy to feel how those subdivisions fit inside the beat.

Once the words start to feel comfortable, apply them to your music. Each measure will have its own "groceries" that match the rhythm.

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