



## TIME BEATS

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Have students follow you in clapping or tapping the table (or thighs if you are not at a table-top) to create the timed beats using the prompt directions below.
- Increase the challenge by varying the speed of your beats, going faster or slower.
- When repeating this class, try different beat prompts or create your own. Or, have students volunteer to create the beat.
- Encourage distance learners to join in from home.

**Hello! I'm glad we are all here for our Total Brain Health "Brain Play." These fast-paced workouts are an important way we can keep our thinking focused, quick, and nimble.**

**Today's Brain Play is "Time Beats." When we hear a song, the tones are grouped to create a beat. And that grouping makes it easier for us to remember the tune. In a minute, I'm going to demonstrate a short beat by clapping my hands or tapping the table. After I'm done, we'll do that beat all together. We'll do a few rounds of each beat. We might even make it a bit faster or a bit slower to challenge our listening skills! After a few rounds, I'll show you a new beat for us to try. We'll do as many beats as time allows. Ready?**

### "TIME BEAT" PROMPTS

clap clap (pause) clap clap (pause) clap clap (pause)

clap (pause) clap clap clap (pause) clap (pause) clap clap clap (pause)

clap clap (pause pause) clap clap (pause pause) clap clap (pause pause)

clap clap clap clap clap (pause) clap clap clap clap clap (pause) clap clap clap clap clap (pause)

clap tap (pause) clap tap (pause) clap tap (pause)

tap tap clap (pause pause) tap tap clap (pause pause) tap tap clap (pause pause)

clap tap clap (pause) clap tap clap (pause) clap tap clap (pause)

tap clap tap clap (pause) clap clap (pause) tap clap tap clap (pause) clap clap (pause)

clap clap tap clap (pause) clap (pause) clap clap tap clap (pause) clap (pause)

tap clap tap tap tap (pause pause) tap clap tap tap tap (pause pause) tap clap tap tap tap (pause pause)



# TIME BEATS

## TAKE-HOME WORKSHEET

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### TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that movement facilitates cognition and promotes better brain health.

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## BUILD YOUR BRAIN

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Ready to practice your inner drummer? Here are 3 basic drum beats to get you started. Grab 2 wooden spoons, or similar, to substitute for drumsticks. Staying seated locate your imaginary “cymbal”, “bass” and “snare drum.” You can use a table top as your cymbal, tap your foot on the floor for the pretend bass drum, and identify a 3rd table top area for your snare drum. Let’s get started.

#### TIME BEAT #1

- Tap your “cymbal” to a steady 1-2-3-4 count with your dominant hand
- Tap of your “bass” on the first beat of the cymbals, or everytime you count 1
- Tap of your “snare” on the 3rd beat or everytime you count 3, using your non dominant hand
- Speed up your drumming as you practice

#### TIME BEAT #2

- Tap your “cymbal” to a steady 1-2-3-4 count with your dominant hand
- Tap your “bass” on the first and second beat of the cymbals, or everytime you count 1-2
- Tap of your “snare” on the 3rd beat, or everytime you count 3, using your non dominant hand
- Speed up your drumming as you practice

#### TIME BEAT #3

- This beat is a combination of #1 and #2 above.
- Tap your “cymbal” to a steady 1-2-3-4-5-6-7-8 count with your dominant hand
- Tap of your “bass” on the first beat of the cymbals, or everytime you count 1
- Tap of your “snare” on the 3rd beat, or everytime you count 3, using your non dominant hand
- Tap of your “bass” on the fifth and sixth beat of the cymbals, or everytime you count 5-6
- Tap of your “snare” on the 7th beat, or everytime you count 7, using your non dominant hand
- The only beat that is the cymbal alone is the 8th beat
- Repeat until you’re comfortable, then try going faster