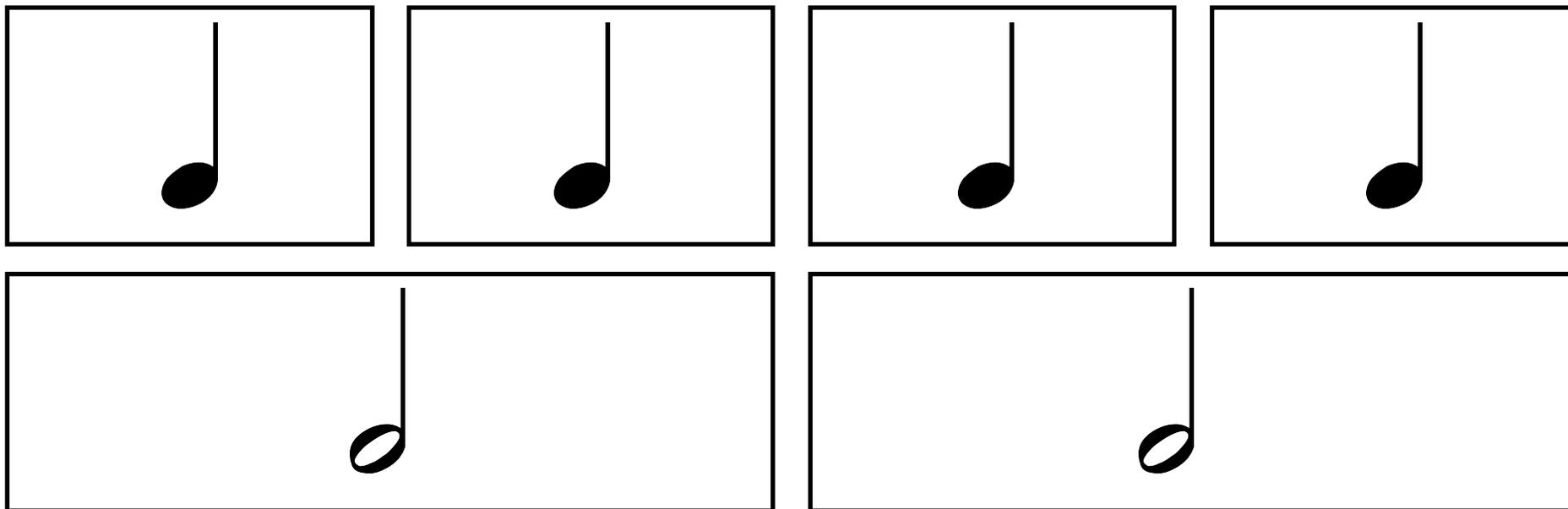
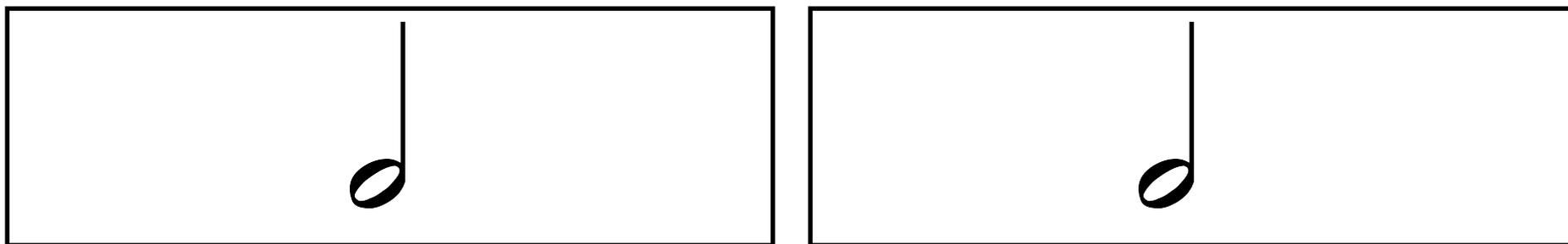


Below are a couple of **rhythms**. We already know the **quarter note**, but we also have a new note, the **half note**. The **half note** gets 2 counts and looks like the **quarter note** except its head is white/ not filled in

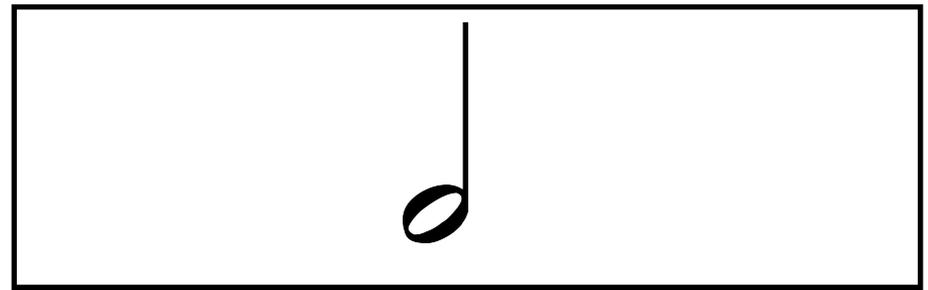
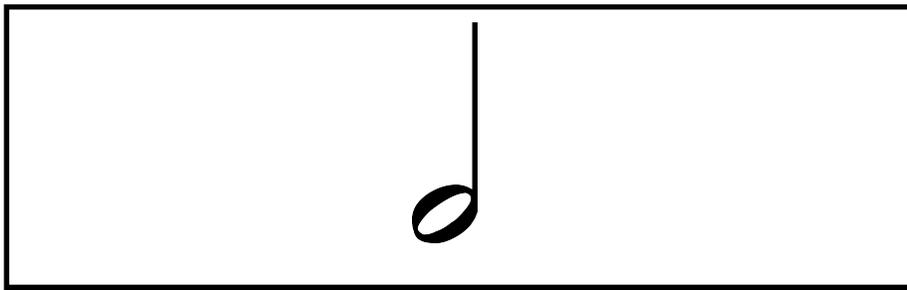
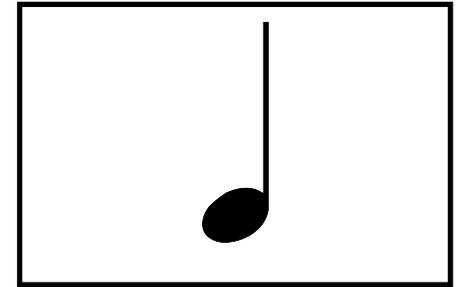
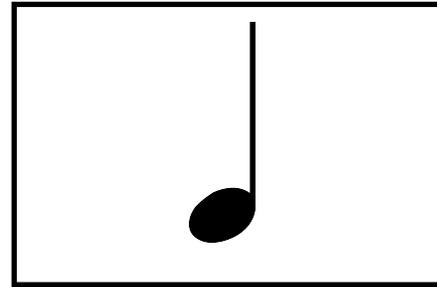
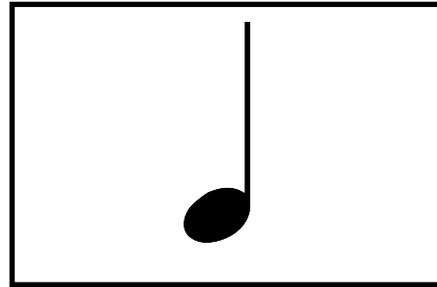
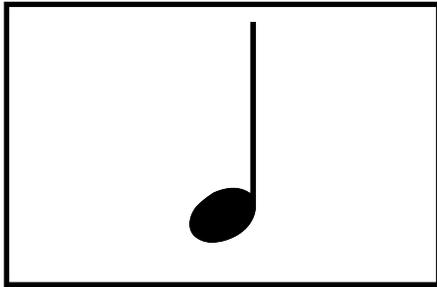


We count **half notes** by saying "1-2." It's really important that we keep our counting steady and feel the same amount of space between each count!

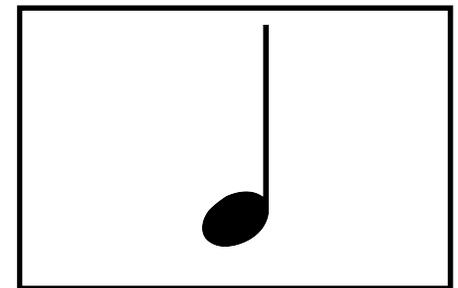
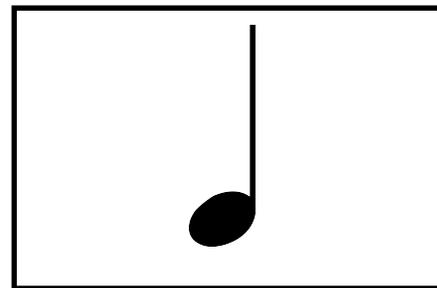
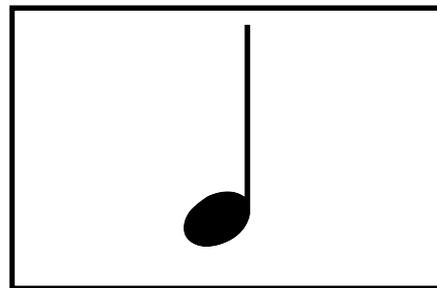
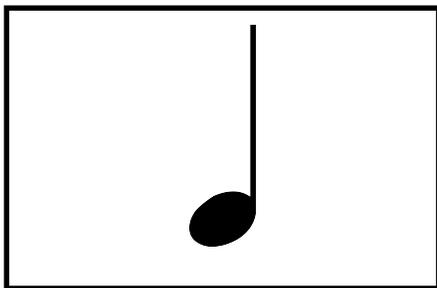
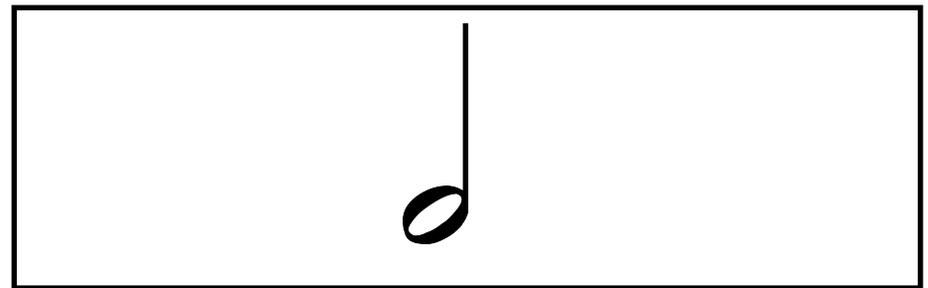
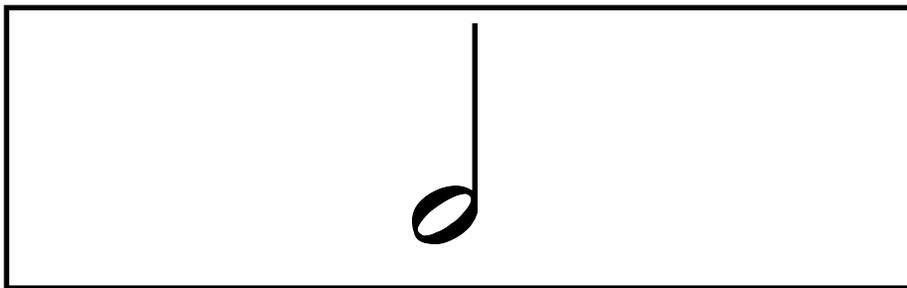
Try counting these 2 **half notes** by saying, "1-2, 1-2."



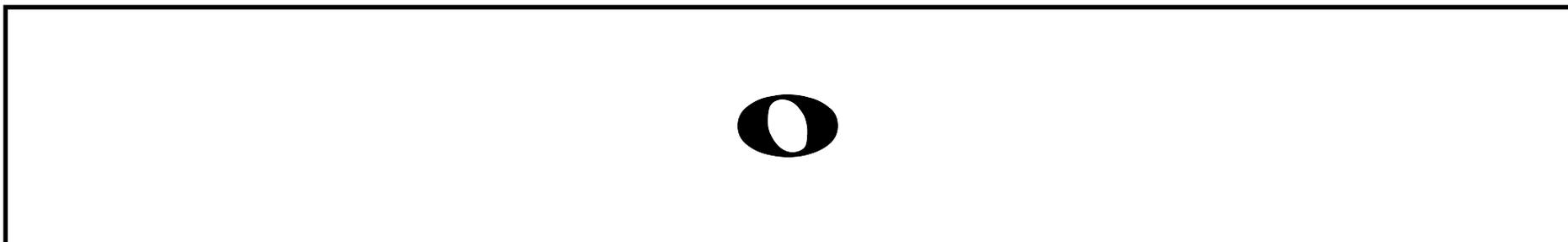
Now count these **quarter notes** and **half notes** back-to-back like this: "1, 1, 1, 1" then "1-2, 1-2." Remember to keep it steady!



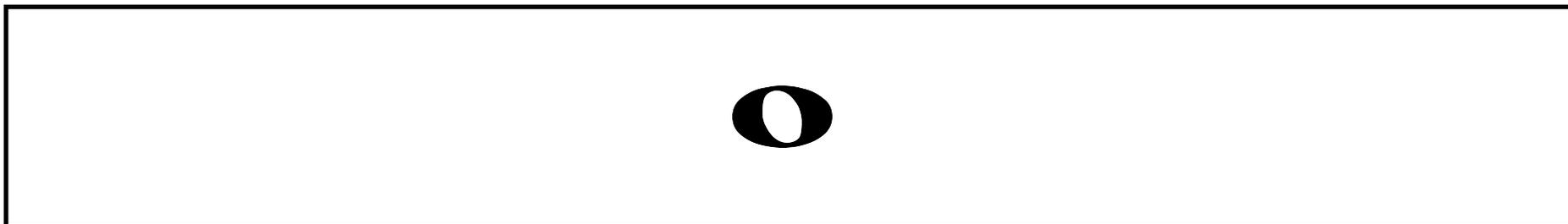
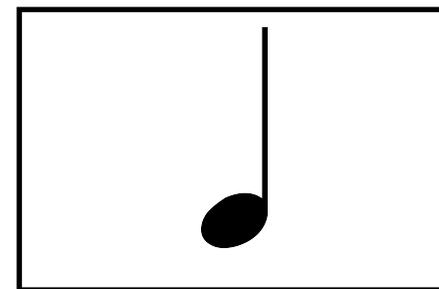
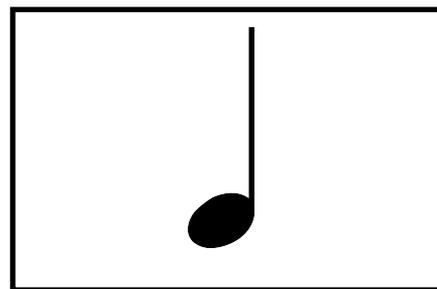
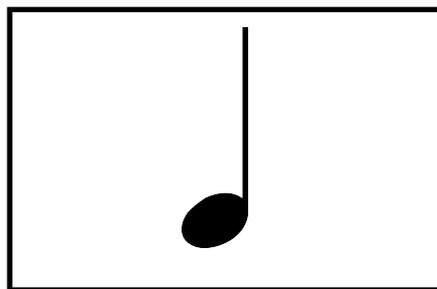
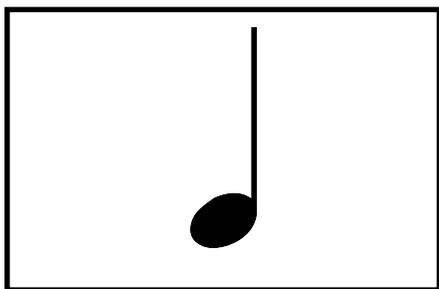
Now, reverse! See if you can figure out the count for yourself



Here's another new **rhythm**. It's called the **whole note** and it looks like a donut!
It get 4 counts and you count it like this: "1-2-3-4." Try counting it out loud -
it'll definitely take longer to count than the **quarter** or **half note**, but be
patient and don't speed up your count!



One way to check if your counting is steady is to go back and forth between
counting **quarter notes** and **whole notes**. Try the following exercise several
times (see if you can figure out the count!), and it should take you the same
amount of time to both the 4 **quarter notes**, and the 1 **whole note**



Now, put all of it together. See if you can figure out the counts from previous examples. When you're done, try them out of order, but keep it steady!

