

THE BEAT/PULSE



LET'S TALK ABOUT THE PULSE

A beat is a pulse of time. A ticking clock is a good example. Every minute, the second-hand ticks 60 times, and each one of those ticks is a beat. If you speed up or slow down the second hand, you're changing the tempo of the beat.

Without being able to find the pulse, it is tough to control other elements in music such as rhythms. The tempo and the beat create a skeleton on which you build a rhythm. The rhythm is expressed as notes, which tell you what pitch to play and how long or often to play them.

The beat is an essential skill for us to teach early on in a child's development. For example, in 2013 there was a study that found children who were able to keep in time with a beat were more attentive and showed less ADHD-like behaviours than children who hadn't been taught this skill.

It's as simple as that; the beat is the origin of all music and rhythm,



"When figuring out how to follow the beat, drum sticks come in handy. If you've got a pair, grab them — if not, clapping or tapping your hand against your desktop works just as well."