Episode 10
Notes & Rests
Making the most with sound and silence

OVERVIEW
Notes and rests are the building blocks of writing and reading rhythms. Quaver and the busts awake from restful dreams ready to explore rests and their shapes. Quaver introduces fun ways to remember rest shapes, challenges Jim-Lad to play note lengths using his foghorn, and equates notes with beats at Restaurant Le Note. Sound and silence, notes and rests – a perfect pair for musical conversations.

LESSON OBJECTIVES
Students will learn:
• The notes: whole, half, quarter, eighth, and sixteenth.
• The rests: whole, half, quarter, and eighth.
• The importance of balancing sound and silence.
• The reason for beaming eighth and sixteenth notes together.

Vocabulary
Notes Whole Rest
Rests Half Rest
Whole Note Quarter Rest
Half Note Eighth Rest
Quarter Note Rhythms*
Eighth Note Permutations*

* concepts included in the teacher Guide, but not in the DVD
Read a short passage from any book to the class without any gaps or breaths. Ask the students why it sounds funny or strange. Ask a student to read like this as well. Then choose two students to converse without any pauses in between as the others watch. This is really hard to do, and quite funny. Point out when they stopped for breaths or paused.

What is the reason for short silences when speaking? To breathe? Because the sentence or phrase has ended? Or because there is something new to say?

Sound and silence are used in music as well; they help the music to breathe. Music is combinations of notes and rests. Without silence, music would never end—which could be a good or bad thing!
Notes and Rests Countdown

**Purpose:** Recognition of musical symbols

Cut out the note flash-cards. Hold up the first one for ten seconds; then ask students to name the symbol. Hold up the next card for nine seconds and so on until the time is reduced to one second! Keep a score of correct answers, then repeat the exercise. Try this activity on IWB equipped with a Quaver Timer.

Discussion Points

- What does a whole rest resemble? *a hole in the ground*
- What does a half rest resemble? *a hat*
- What does a quarter rest resemble? *lightning*
- What does an eighth rest resemble? *a 7 with a wart on its nose*

Rhythm Replay

**Purpose:** Clapping rhythms and reading notation

Direct students’ attention to the IWB where ten 4-beat rhythms are provided. The first rhythms are simple and grow progressively more difficult. Count out in a steady beat as students clap the rhythms. Press the play button to hear the rhythm played correctly on the IWB.

Note Races

**Purpose:** Exploring the relationship between beats, notes, and rests

Set up two sets of four chairs in a row to represent a measure of 4 beats. Divide students into two teams. Show both teams a note value, then have them safely race to their respective chairs to create that note using their bodies. The diagram below presents examples.

- Quarter note
- Rest
- Quarter note

*Note: Empty chairs can represent quarter rests.*
**Guess that Note**

*Purpose: Listening and identifying rhythms*

Divide students into two groups. Stand between the two groups and establish a steady beat in a 4/4 meter with the first group. Then show a note value to the second group and have them clap out the value. Ask the steady beat group to identify the note the other group is clapping. Students can make a very quiet or silent “Shhhhh” noise for the duration of rests instead of clapping. Switch the roles of the groups.

**VIDEO REPLAY**

**If You’re a Whole Note**

*Purpose: Singing together and learning notes*

Watch the video replay of *If You’re a Whole Note (Track 1)*. Have students learn the song and count out the correct beat durations, especially the rests, as they sing. Notice the term whole note is sung for four beats, half note is sung for two beats, and so on.

**QTips**

Post note and rest symbols on a board or wall for easy reference.

**WEB ACTIVITIES**

**QBackBeat**

QBackBeat provides a unique way of depicting notes and rests, allowing students to construct different percussion loops by clicking in the grid. They can save their rhythms to revisit later or use their creations in a song.

**QComposer**

Students can make melodies using different note and rest durations. QComposer will also help them add chords to their compositions.
**Materials Needed**
- Colored pencils

**Clap a Rhythm, Make a Rhythm**
*Worksheet # 2*

**Purpose:** Clapping and creating rhythms
This worksheet has 8 measures of 4 beats at varying levels of complexity. Demonstrate the exercise for students. Emphasize the importance of correctly depicting whole, half, quarter, and eighth notes and rests. Allow them to present their creations in the next session.

**Rest Art**
*Worksheet # 3*

**Purpose:** Recognition of musical symbols
Based on the animation in the show, students are provided with illustrations of the rests. They should use them in drawings to help them remember the rest symbols. (For example, the whole rest looks like a hole in the ground, but it could also be a cup, a boat, and so forth.)

**Popsicle Stick Dictation**
*Worksheet # 4*

**Purpose:** Dictating rhythms using popsicle sticks
Give each student a set of 10-15 popsicle or craft sticks and the worksheet. On the worksheet are the symbols for notes and rests which are to be pasted to the stick. Clap 4-beat rhythms and have students make the pattern using their popsicle notes and rests.

**Materials Needed**
- Popsicle sticks
- Scissors
- Glue
Math
Challenge students to write down different combinations of 4-beat patterns using only quarter notes and quarter rests. Then have them try half notes and half rests. In math, these are called permutations. The more types of notes or rests available, the more permutations can be created. See how many students can create!

Social Studies
In India, students learn to play a drum called the tabla and to vocalize special syllables for rhythms meant to sound like the drum. For example, Sounds of India (Track 2).

Play a steady rhythm on a drum and challenge students to develop syllables or words to go with the rhythm. Below are sample note/syllable combinations.

Quarter notes: “WAP”
Two eighth notes: “WAC-KA”
Half notes: “WHOOSH”

Example: “WAC-KA WAP WHOOSH”
Sweet 16th
Introduce students to music notes that are shorter than eighth notes. Using their knowledge of fractions, ask them to complete this progression: whole, half, quarter, eighth, __________, __________. (sixteenth, thirty-second)

How many 16th notes would be clapped for one beat? 4
How many 32nd notes would be clapped for one beat? 8

Inquisitive Instruments
Instruments play note durations in different ways. Take a whole note for example. A violinist plays a whole note by keeping the bow smoothly moving across the string for 4 beats. How would a trumpeter play a whole note? (with his breath) A piano player? (by holding his finger on the note or by using the sustain pedal) A cymbal player? (allows the cymbal to ring until he stops it with his hand). Explore the techniques used by the violin, trumpet, piano, and cymbal to produce half, quarter, eighth, and sixteenth notes. Have students mime the instrumental techniques involved.

The Magic Dot
Cut out some small black dots from the card and hide them around your room. Draw a whole note on the board and ask students to tell you the value of that note (4 beats). Locate your magic dots! Stick one in front of the whole note and tell students it has magically increased the duration of the note to 6 beats. Have students sing and hold the new duration. Do the same with the half note; the dot increases the value of the half note to 3 beats. Have them sing the new length. A dot in front of a quarter note increases it’s value to one and a half beats, and placed in front of an eighth note it increases it to 3/4 of a beat. Ask students if they can work out the relationship between the dot and the increase in duration.

Q: What does the dot do?

A: The dot increases the duration of the note by half its original value.

Using the IWB sing the dotted rhythms presented.
TEACHER NOTES

Featured Instruments

Piano

Hands

Voice

Drum