

- Sit on the floor with an overturned container. Hold a red pencil in your right hand (RH) and a blue pencil in your left hand (LH). Look at the first rhythm below.
- If a measure is inside a red box, tap the rhythm on the container using your RH. If a measure is inside a blue box, tap the rhythm using your LH. If a measure is inside a green box, tap the rhythm using both hands. Play again with the remaining rhythms.

