
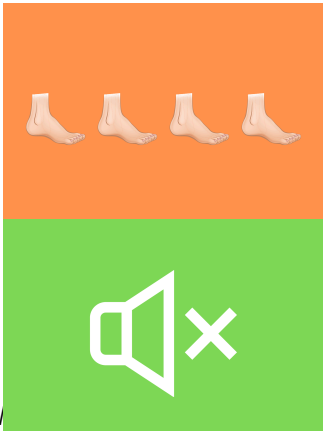
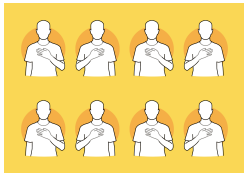

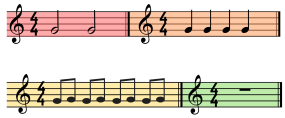


Title	Make your own rhythm
Duration	25 minutes
Nr of participants	20
Logistics (space, materials...)	<p>6 colored flashcards:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><i>Clap 2 times</i></p>  </div> <div style="text-align: center;"> <p><i>Stomp feet 4 times</i></p>  </div> </div> <div style="text-align: center; margin-top: 10px;"> <p><i>Hit chest 8 times</i></p>  </div> <div style="text-align: center; margin-top: 10px;"> <p><i>Free Card</i></p>  </div> <div style="text-align: right; margin-top: 10px;">  </div>
Objectives	Acquire basic rhythmic skills, produce music, and body percussion.
Preparation	The facilitator will prepare the space before the arrival of the participants. They will hang the flashcards in different corners of the space.
Description	<ol style="list-style-type: none"> The facilitator will start by showing the flashcards to the participants. Each flashcard represents a movement: <ul style="list-style-type: none"> - Clap 2 times in half notes - Stomp your feet 4 times in quarter notes - Hit your chest 8 times in eighth notes - Rest - Free card: on the free card the participants can invent their own rhythms and combinations. The facilitator will demonstrate the movements in the flashcards. First, they will do it alone, then the participants will join, and then the participants will do it alone.

	<ol style="list-style-type: none">3. Once everyone knows the flashcards, they will start walking around the space to a rhythm given by the facilitator, either with a percussion instrument or a metronome.4. When the facilitator indicates, the participants will stop in one of the corners. The rhythm will continue while the participants perform the movement in the flashcard. The participants can choose in which corner they want to stand.5. The participants will continue to move around the corners following the facilitator's indications.
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