



You will need the following objects: some furry fabric, two wooden chopsticks, a sponge with different sides, a paint roller, a bowl of warm water and a blanket. Play through tracks one to six, using the objects as shown, with the music, with your receiving partner.

Keep to the Beat.

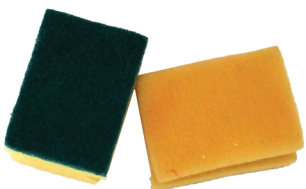


Stroke with
furry fabric

1
slow and
consistent
movements



2
Tap and rest
with chopsticks



Stroke
with the rough
side (scraper)

3
Rub with
smooth side
(tambourine)



4
Roll
all over body
using the
paint roller



5
Squelch
with one sponge
at a time -swap
around to keep
them warm



6
Dry with towel
Wrap in blanket
Relax,
keep in contact
and listen



Watch, listen and observe.
Keep to the Beat.

