

Your Heart's Rhythm

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Understanding Steady Beat in Music

Name: _____

Date: _____

Answer the questions about how our heartbeat relates to music.

1. A heartbeat has a ___ rhythm.

2. God created order and rhythm in our lives.

True False

3. What does a steady beat in music help us do?

- A. Dance around
- B. Sing loud
- C. March in time

4. Match the words to their meanings.

Heartbeat

The beat of music

Rhythm

The sound of our heart

5. What does our heartbeat teach us about rhythm? Circle the correct answer.

It is unpredictable

It is like music

It is noisy

6. How can we feel our heartbeat?

7. Music has no beat like our heartbeat.

True False

8. What can we do to create rhythms?

- A. Tap our feet
- B. Shout loudly
- C. Jump high

9. God made us ___ and wonderfully.

10. Why is it important to have a steady beat in music?

Answer Key

1. steady 2. True 3. March in time 4. The sound of our heart 5. It is like music 6. By putting our hand on our chest. 7. False 8. Tap our feet 9. fearfully 10. It helps us keep time and enjoy the music.