

Rhythm & Ribbon (R&R) Sticks

This is a two in one rhythm instrument. Great for Children of all ages.

For each pair you need:

2-¾ inch Screw Eyes

2-Lanyard Hooks

2-7/16 inch or ½ inch dowels cut in 12 inch (1 foot) lengths. (Each 3 ft. dowel makes 3)

Fine sand paper if needed.

2- 15 to 16 inch lengths of Fishing line – (heavier is better)

48-small pony or similar sized beads, any colors.

2 or 3- 3 – 6 ft. Lengths of colored fabric ribbon (not the paper floral kind) longer lengths for older children, shorter for very young children. I use bright contrasting colors.

Sewing machine or grommets and tools to attach.

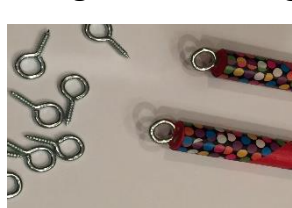
Acrylic Paint craft paint- (optional)

Acrylic clear spray sealer- (optional)

Decorative tape

Directions:

- ❖ Using a small hand saw cut Dowels into 12 inch lengths. Sand ends if they are rough.
- ❖ Paint if desired and let dry. Spray with sealer, let dry.
- ❖ Drill a small shallow hole with a 1/16th inch drill bit into the center of one end of cut dowel.
- ❖ Screw eye screw into hole tightly.
- ❖ Use decorative tape to barbershop stripe each stick.
- ❖ Fold a length of the fishing line in half and tie the ends together.
- ❖ Attach a lanyard to the looped end. Use a small child's hair elastic at base of the lanyard so fishing line doesn't slip off when you attach it to a rhythm stick or glue a 1/8 inch ribbon around lanyard base.
- ❖ String the pony beads onto the fishing line using the lanyard as the end. Set aside being careful to not unstring the beads.
- ❖ Cut ribbons into desired lengths. (3-4 feet for very young children, 5-6 feet for older children.)
- ❖ Fold ribbons as one piece through the tied end loop of fishing line and tuck ends under.
- ❖ Attach ribbons to the fishing line by sewing across (zig zag stitch several times) or, using a grommet. Secure ribbon to fishing line.
- ❖ Repeat process on second rhythm stick.
- ❖ To turn the rhythm stick into a ribbon wand, just attach the lanyard clip to the eye screw.
- ❖ If you just want to use a rhythm stick, detach the ribbon lanyard and store in a zip lock bag. Hold the eye screw end in your hands and no one will even notice the eye screw.



Movements with the Ribbon Stick

Use these with any children's music. A great way to review songs or just move to the music!

1. When reviewing a song, start with just two or three movements and decide which movement goes to which lines of the song. Let the children use the same movement for 4 measures of the music or at least on line in the song before changing the movement.

For example: If the song has 4 lines-

Line 1- Zig Zag, Line 2 snap and stomp, Line 3 Side to side, Line 4 Large circles.

Make a routine to the song and use the same motions each time.

BUT: repeat the song at least 4 or 5 times giving different children turns until they each take a turn and learn the song.

2. If you want to make a game out of changing the routine as you sing, make large cards, one for each movement. Have the children pick cards and post them where they can all see and assign a movement to a line in the song. Encourage the children to sing and they use the ribbon sticks. Each time you repeat the song, change the cards for a new routine and have the children trade with someone who has not had a turn, if they each have a ribbon stick, then have them trade sticks to use a different colored ribbon.

3. Any Movement may be directed to the right or left.

- ❖ Rainbows: Wave the wand back and forth holding it high above your head.
- ❖ Snaps: snap wand with an up and down motion abruptly.
- ❖ Large Circles: Circle your arm in a large circle going above your head and down to your knees.
- ❖ Small Circles: Circle with your arm in front of your body keeping circles tight. These are faster circles.
- ❖ Twirlies: Twirl in very tight quick circles out in front of you with your wand pointed to the ground.
- ❖ 8's: Make figure eights in front of you.
- ❖ Side to side: Snap ribbon quickly from side to side.
- ❖ Fishing: Wave ribbon front to back like casting a fishing line.
- ❖ Snap and stomp: Stomp feet in a march rhythm while snapping the ribbon forward in time with the beat of the song.
- ❖ March: Wave above your head and march in place or in a circle.
- ❖ Sweep- Sweep the ground back and forth in front of your body.
- ❖ Snow storm circles- quick circles above your head.
- ❖ Zig Zag- wave in a zig zag motion from right to left or left to right in front of your body.



Movements with the Rhythm Sticks

Use these with any children's music. A great way to review songs or just move to the music!

Rhythm Sticks can also be used to teach the rhythm of any music by having children or students tap the rhythm they hear or see in the music.

1. When reviewing a song, start with just two or three movements and decide which movement goes to which lines of the song. Let the children use the same movement for 4 measures of the music or at least on line in the song before changing the movement.

For example: If the song has 4 lines-(every 4 to 8 counts)

Line 1: Tap, Line 2: Flip flops, Line 3: Side to side, Line 4: Pop ups.

Make a routine to the song and use the same motions each time.

BUT: repeat the song at least 4 or 5 times giving different children turns until they each take a turn and learn the song.

2. If you want to make a game out of changing the routine as you sing, make large cards, one for each movement. Have the children pick cards and post them where they can all see and assign a movement to a line in the song. Encourage the children to sing and they use the rhythm sticks. Each time you repeat the song, change the cards for a new routine and have the children trade with someone who has not had a turn.
3. Any Movement may be directed to the right or left.

- Tap- tap in front of you
- Side to side: Tap to your right side, then on your left side.
- March: Tap and march in place or in a circle.
- Pop Ups- Tap above your head then tap down in front of your knees.
- Rainbows- Tap 4 counts while making an arc in front of you.
- Giraffes- Tap up above your head
- Flip flops- tap with right stick on top, then tap with left stick on top
- Penguins –Tap low by your knees

