



Listen & Keep the Beat

Steady beat is the ongoing, repeating pulse in music. It's the beat you'd tap your foot to when listening to a song or the movement of second hand on a clock.

Steady beat can be a great tool for building focus and attention, and for helping children to calm down.

As a practice – before children are feeling strong emotions, or in-the-moment when children need help to calm down – listen to music with a moderately slow tempo and have children gently keep the steady beat.

More Support: Keep the beat for them by gently tapping them or rocking with them.

Examples of music with a steady beat:
Aquarium by Saint-Saens; Clair de Lune by Debussy;
Waltz of the Flowers from The Nutcracker Suite by
Tchaikovsky; Rag Mop by Lionel Hampton;
Engine, Engine Number Nine; Saraspnda-Dutch Folk
song