



## Listen & Keep the Beat

**Steady beat** is the ongoing, repeating pulse in music (the beat you'd tap your foot to when listening to a song!). Think of the 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 them gently keep the steady beat or keep it for them by gently tapping them or rocking with them.

With older children, provide a space in the room where they could listen to music on headphones. Model how to rock or pat to the steady beat.

*Examples of appropriate music:*  
*Aquarium by Saint-Saens; Clair de Lune by Debussy;*  
*Waltz of the Flowers from The Nutcracker Suite by*  
*Tchaikovsky*