

Ritmo

What is rhythm and what are the senses it involves? Why are rhythms essential for learning? When we place our hand on the chest we hear the heart beating, and if we put the ear close to a clock we hear the typical tick-tock repeated regularly; day follows night and night follows day, sirens flash with a certain frequency ...

Everyday life provides many examples of rhythm, and in this didactic guide we will provide some ideas to convey to children a first, elementary idea of ??rhythm.

Note: this guide covers First Grade topics, and is aimed at parents, teachers and anyone who is passionate about Primary School teaching.

Rhythm idea

With reference to the examples of rhythm that we have proposed above, we can make some distinctions based on the senses with which we perceive the rhythm. More precisely, we can distinguish between different types of rhythms based on the sense involved: among all, the most relevant are the rhythm for the eyes (visual rhythm) and the rhythm for the ears (auditory rhythm).
Rhythm for the eyes

The rhythm for the eyes, also called visual rhythm, is the orderly repetition of one or more objects.

Visual rhythm example

Example of a rhythm for the eyes with a repeating object.

Here is an example of a rhythm for the eyes: any supermarket shelf with a series of products of the same type, for example a shelf full of bottles. Note that both shapes and colors are repeated.

To convey the idea of ??visual rhythm to children, we can ask some questions, referring to a drawing or a real situation. We could arrange on the desk or on a table a series of identical objects, of our

choice:

- what is the repeating object?
- What are the colors of the object?
- Is there an object larger than another?

By doing so we will stimulate the curiosity and the spirit of observation of the children. Starting from situations and examples of everyday life, children begin to get an idea of ??what rhythm is and they learn it through direct experience.

The next step involves providing other examples of sequences in which we modify one or more characteristics of the object, for example by considering a series of objects that are the same in shape but alternate in both color and size. The children will notice the alternation of colors, sizes and shapes, so let's ask them what are the qualities of each object in the sequence considered.

Rhythm in color and size

Visual rhythm with alternating color and size.

We can propose sequences with more objects in which more attributes are modified, thus increasing the difficulty of the analysis. The important thing is that we proceed gradually.

Rhythm for the ears

Rhythm for the ears, also called sound rhythm, is the ordered alternation of sounds (or noises) and pauses (or silences).

For a child, the word alternation is not easy to understand; it would rather be better to propose some examples of sound rhythm that we find in nature, such as the chirping of a cicada, or the crowing of a rooster. Why not propose to repeat the verses of these animals? It will certainly be a noisy but very, very fun activity! :)

We will also have the evergreen nursery rhymes available, which with their own rhymes will allow children to assimilate the concept of rhythm.

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