

## CHAPTER 5

# Hear It, Sing It, Beat It!



**I learn best through music**

### **Tap it out!**

If music is your thing, it can really help with learning, especially memory. You probably know all the words to your favourite songs without even trying to learn them.

This is partly due to repetition (you will have listened to the song more than once), but also because the tune (the music) helps you to remember.

Alex is very musical; he has guitar lessons two or three times a week. He also scored very high in the 'learning through music' section of the learner quiz.

Like many people, Alex finds it difficult to remember long sequences of numbers (lots of numbers in a particular order).

The following activity really helped.

If you also learn well through music, you might like to try it.

## **What you will need**

- A metronome (or electronic beat counter)
- A craft stick, lollipop stick, paint brush or similar
- A list of numbers to be remembered in order
- Pen and paper.

## **How to do the activity**

Start the metronome on a slow count and for a beat of four counts per bar.

Have the list of numbers in front of you.

Use the craft stick to tap out each number in time with the beats of the metronome.

For example, if the first number is two, tap two beats and then wait for the next two beats for the start of the next bar. Counting out loud as you tap is also useful.

If the number is bigger than four you will need to carry on into the next bar.

So the number seven would mean tapping all four beats in the first bar and then carrying on for three beats of the next bar.

Once you have counted and tapped up to seven, leave the last beat not tapped or counted before starting the next number at the start of the next bar.

Repeat the whole set of numbers like this at least three times. Then, without looking at your list, write down all the numbers in the right order.