

# Enlightenment Training of Children's Perceptual Rhythm

Qingnan Wang<sup>1,\*</sup>

<sup>1</sup>College of Humanities & Sciences of Northeast Normal University, Changchun, Jilin 130117, China

\*Corresponding author. Email: 23146055@qq.com

## ABSTRACT

Rhythm training is a very important part of music education, and the perception of rhythm is an instinct of human beings. Children can swing their bodies with the rhythm of music, fully reflecting this innate rhythm ability. Early childhood is the key period to feel and experience rhythm learning. In this period, reasonable and scientific rhythm training for children can germinate their interest and enthusiasm in music learning. And they can understand the content of music and the mood expressed by the music melody more deeply. This article introduces speed beats and melody beat and uses "body rhythm", language rhythm recitation, "momentum" training, "body rhythm" and other ways to conduct the rhythm training for children, which can help to awaken children's natural instinct, cultivate their sense of rhythm, and improve their musical literacy.

*Keywords: early childhood, rhythm, training*

## I. INTRODUCTION

Children are born with a sense of rhythm. When a piece of music starts, they will unconsciously follow the rhythm of the music to move their bodies, or their mouths will follow the music to hum the melody. "When pitch, melody, melodic rhythm, harmony, and musical structure are still moving at a rather slow pace, tempo, speed, and strength have developed rapidly in children," Greenberg's report said that the power of music is huge for children. Listening to music makes children feel happy and joyful. This kind of feeling is the purest happiness from their heart. At the same time, the melody and emotion expressed in music can enrich children's wild imagination, make children's emotional expressions more delicate and acute, comfort their hearts in music, and form a healthy and lively character. Rhythm is a very important part of children's music education, and children's stage is the key period of rhythm learning. Children's ability to follow the rhythm and melody of music and swing their bodies fully reflects children's ability to control rhythm response. Darcroz said: "people all have innate rhythm instinct, but they have to be induced, cultivated, and then used by music." Therefore, in the best period of rhythm training and education for young children, stimulating and cultivating their sense of rhythm is the primary task of learning music, once missed, they will not come back. Rhythm is an important part of music and a basic element of music. If a piece of music lacks rhythm and beat, it will lose the soul of music. The rhythm in music

can be seen as the support of music. Without the support, no matter how good it is, it can't be called perfect. Therefore, the reason why we should pay attention to rhythm training is self-evident. Only after the training of rhythm and beat can the music be played perfectly and accurately, and the listener can feel the emotion and connotation expressed by the music to achieve the purpose of rhythm training in children's music. In accordance with the law of children's physical and mental development, stimulate children's love and interest in music, scientific and natural understanding of music, perception of music, experience music. The development of children's sense of rhythm, so that children can accurately understand the rhythm in music, cultivate their sense of rhythm, learn to beat, stimulate children's potential inner rhythm, sense of rhythm, and understand the accuracy and relationship between beats in time is also an important task in children's music education.

## II. BASIC ELEMENTS OF RHYTHM

Rhythm is the essence of music and the core element of music. There is no music without rhythm. But in the development and practice of music, the composition of rhythm is not independent of music. Therefore, if the rhythm in music can be expressed more accurately, we need to find out the problem from the root of rhythm. Only by controlling the objective factors can we play the special role of rhythm.

Rhythm and beat exist in music at the same time forever and cannot be separated. But they are different.

Rhythm has diversity. It is a flexible combination of notes on the basis of a certain beat. Therefore, understanding different rhythms is of great help to rhythm learning.

#### *A. Speed beat*

In the process of rhythm training, speed beat is the most basic element of rhythm, and also the most essential in rhythm training. When playing music, keeping the consistency and stability of speed is the most important and key point of speed beat. It mainly shows that the time interval of each beat must be equal, and the speed must be consistent, for example, like the rhythm of clock rotation.

#### *B. Beat time*

Beat time is a more important point in rhythm than speed time. If two or three tempos with the same interval are superimposed at the same time in a period of time, it will change into two or three tempos. There will also be different changes in the strength of weapons. For example, the two beat rhythm is a "strong weak" alternating rhythm, while the three beat rhythm is "strong weak" alternating. Of course, there are other rhythms besides two and three beats, such as mixed beats. But no matter what kinds of changes are made, two and three beats are the basis of the music rhythm. Music rhythm is indispensable. If you put a note in a melody that doesn't match, it will become disorderly. Therefore, the beat is the basis of rhythm. Only by mastering the beat can we master the rhythm better.

#### *C. Melody rhythm*

Melody rhythm can be compatible with tempo and beat at the same time. Tempo and beat are used to assist melody rhythm. Then melodies beat and rhythm complement each other. It has many different rhythm modes. It can keep pace with the flow and keep consistent with them. It can also find another way to change tempo and tempo. Therefore, melody rhythm is the foundation of music without rhythm, there will be no melody.

### **III. COMMONLY USED RHYTHM TRAINING METHODS OF ENLIGHTENING CHILDREN**

At the stage of children's growth and development, on the premise of not violating the laws of children's physical and mental development, several commonly used methods of training rhythm are summarized as follows:

#### *A. The way of language rhythm*

Language is the most common way for children to communicate, but language itself has a subtle rhythm. The rhythm of music is closely related to the rhythm of

language. Therefore, in the rhythm training of children, using the rhythm of language itself can develop children's sense of rhythm more effectively. Orff uses language ability to train "rhythm reading", which is an effective way to get started in music. As early as 1948, Orff thought that language should be used to teach children. Although this method is very old, it is a very effective method. For example: use some simple words and sentences, such as children's learning of ancient poetry, children's songs and other sentences for rhythm reading. Or clap your hands and recite them. This way is very suitable for children's entry stages. It can not only let children feel rhythm first, but also make children feel cordial. We use the most familiar language they can control to attract their attention, offsetting the wariness of music rhythm training, thus making children feel the relationship between different rhythm types and language, which is an easy way for children to accept in rhythm training period. It is also enlightenment education for children to understand rhythm and experience rhythm at the same time. At the same time, this kind of training is also one of the characteristics of Orff teaching, which is conducive to the cultivation of children's inner rhythm.

#### *B. Children can feel the rhythm better through "momentum" training*

Orff once mentioned in his music education thought and practiced that "rhythm is the most simple music material and the original strength." "Momentum" is a way of making sounds through body movements. In the process of music learning, the body is the best instrument. Combine music, dance and movement perfectly, and make full use of the training methods of human body parts. It can make rhythm training more colorful. In the rhythm training of children, children can clap their hands, stamp their feet, clap their legs, etc. to train their bodies into small musical instruments, so that children can feel the rhythm of their bodies, and enjoy the process of making sound through their own bodies. By training children's sense of rhythm in this way, children can realize that they are not only a listener, but also can be a performer to create their own music, so that children can feel close to music and love music. In the training of sound power, we should choose music with clear rhythm, and the best is the music that children love. This kind of training can help to unify the inner rhythm and the body rhythm, and make the rhythm more melodic.

#### *C. "Body rhythm" teaching method*

"Body rhythm" is a kind of training method proposed by the famous musician and educator Darkloz

to help children perceive the world and train rhythm. The development of children's perceptual ability is very rapid. They are lively and active in nature. They often know the world through their own perceptual awareness, and action is their way to obtain perception. "Body rhythm" is a way to express music rhythm through body movements, which is suitable for lively and active children. And there are certain requirements for children's physical coordination and sense of movement, which can also achieve the purpose of exercise. In music teaching, the use of walking, running, stepping and other forms have become part of the teaching. For example, when teaching children to distinguish different notes, they can stay still when encountering the whole note, jump when encountering the second note, walk when encountering the fourth note, etc. It can also make the children's movements coordinate and cooperate with each other, guide the children to get the music feeling in the movement and wake up the children's music rhythm feeling in the rhythmic activity. Through the training of movement, we can cultivate children's sense of rhythm and quick response ability. It not only develops physiological and motor organs, but also cultivates children's sense of music. It also trains children's big movements and muscle coordination through interesting way of body rhythm training.

#### *D. Using percussion instruments to develop children's sense of rhythm*

In music class, only the performance of music is monotonous and tasteless. In order to enrich the content of classroom activities, we can also add percussion instruments to the rhythm training for teaching. For example, tambourine, triangle iron, sand hammer and so on. In the song education in the classroom, children's attention can be focused on the rhythm of the song. First, the rhythm can be taught to children. For example, it can be combined with the momentum, let children grasp the basic rhythm of the song by clapping hands or stamping feet, and then use percussion instruments to beat the learned rhythm out, step by step teaching. At this time, children also have the rhythm with the basic mastery, you can use musical instruments to sing songs and make songs more colorful.

#### *E. Inner rhythm training*

Children are born with a sense of inner rhythm, which is a kind of rhythm hidden in the heart. For example, the beating of the heart, talking, walking and other actions, for example, when listening to melodious music, they will unconsciously follow the rhythm of the music and shake their hands. These are the basis of inner rhythm. In music teaching, teachers should not only pay attention to children's rhythm, but also explore children's inner rhythm. The training

method of inner rhythm is not unchangeable. It can be changed flexibly according to the situation. It is very important for children to understand various basic rhythm patterns and master the law of music. The influence of inner rhythm also includes inner emotion. Music is a form of expression of human inner feelings. For children, when they are in the mood of joy and excitement, the music they express is also strong. Therefore, it is very important to infiltrate children's feelings into music and improve children's musical feelings. Children should be encouraged to gradually form the inner feeling of rhythm, so that rhythm lives in the body.

As the first element of music, rhythm is an important source to experience the beauty of music. Today, with the rapid development of music education, rhythm training as a basic discipline has gradually become prominent. As the first element of music, rhythm is the skeleton of music, which endows music with vitality. Especially in the early childhood, the training of rhythm is very important for the cultivation of children's attention, memory, imagination, creativity and other psychological development factors.

#### **IV. CONCLUSION**

With the economic development of our country, more and more parents begin to pay attention to their children's music rhythm enlightenment in the early childhood stage, through the use of rhythm, momentum training, "body rhythm" teaching method and inner rhythm training to cultivate children's rhythm, so as to improve children's music literacy.

#### **References**

- [1] Shi Qiwei. On the importance of rhythm in music education [J]. Grand stage, 2011 (5): 23
- [2] Bai Xuehai. An analysis of musical rhythm and the development of children's creativity [J]. Early childhood education, 2011 (11): 27-29
- [3] Chen Baojiu, Liu Jiqui. The importance of rhythm in early childhood music education [J]. Northern music, 2011 (1): 67
- [4] Chijiya. On the importance of rhythm in children's music enlightenment education [J]. New curriculum: primary school, 2015 (4): 200-201
- [5] Zhang Yuhan. On the importance of rhythm in children's music enlightenment education [J]. Northern music, 2016 (6): 130
- [6] Liu Wanwan, Shi Hui. On the importance of rhythm in children's music enlightenment education [J]. New West, 2012 (11): 140-141