Let’s create a word chain **OSTINATO** (os-ti-NA-to) about how you’re feeling today. An ostinato is a short pattern of music that repeats. We can create an ostinato by making a word chain and repeating it over and over.

**STEP 1:**
What makes you feel calm and happy? Make a list of things or activities below.

**Example:**
- Riding my bike
- Flowers
- Walks

List things that make you feel calm and happy...

**STEP 2:**
How many sounds or syllables are in each idea? Count them up and write the number next to each one.

**Example:**
- 4
- 2
- 1

List the number of sounds or syllables for each thing...

**STEP 3:**
Write a rhythm using notation that match the sounds or syllables for each idea. For example, ♩ (quarter note)=1 sound and ♪ (two eighth notes)=2 sounds. You can use other rhythms too if you know more.

**Example:**
- ♪♫ (or ♩♩♩♩)
- ♩♩ (or ♪♫)
- ♩

Write the rhythm...

See next page...
STEP 4: Use rhythmic notation to write the rhythm of your activities. You can choose as many activities as you like. Then repeat the phrase to make an ostinato.

Example:

♫
Riding
♩
my bike,
♩
Flow-
ers

Now it is your turn! Place one of your words in the second line below. Then add your rhythmic notation in the line above.

Example:

♩
Walks
♩

Notation: ___________ ___________ ___________ ___________

Word: ___________ ___________ ___________ ___________

STEP 5: Perform your word chain ostinato for someone else—a family member, a pet, a stuffy, or virtually with a friend or teacher.

MUSIC VIDEO LESSONS
For more lessons, go to Seattle Public Schools YouTube site.
https://www.youtube.com/c/SeattlePublicSchoolsTV