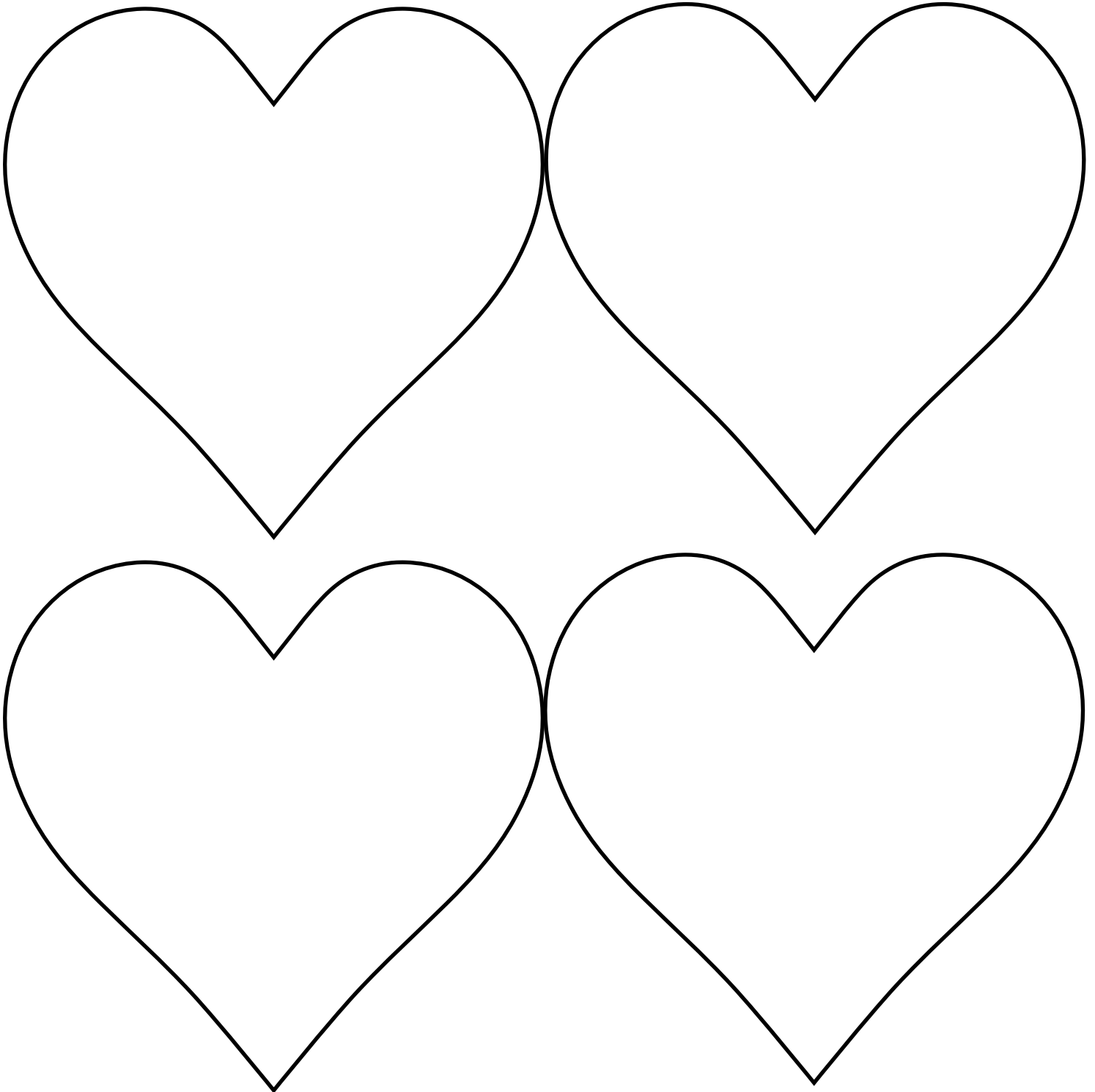
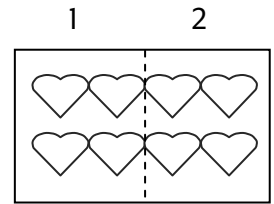
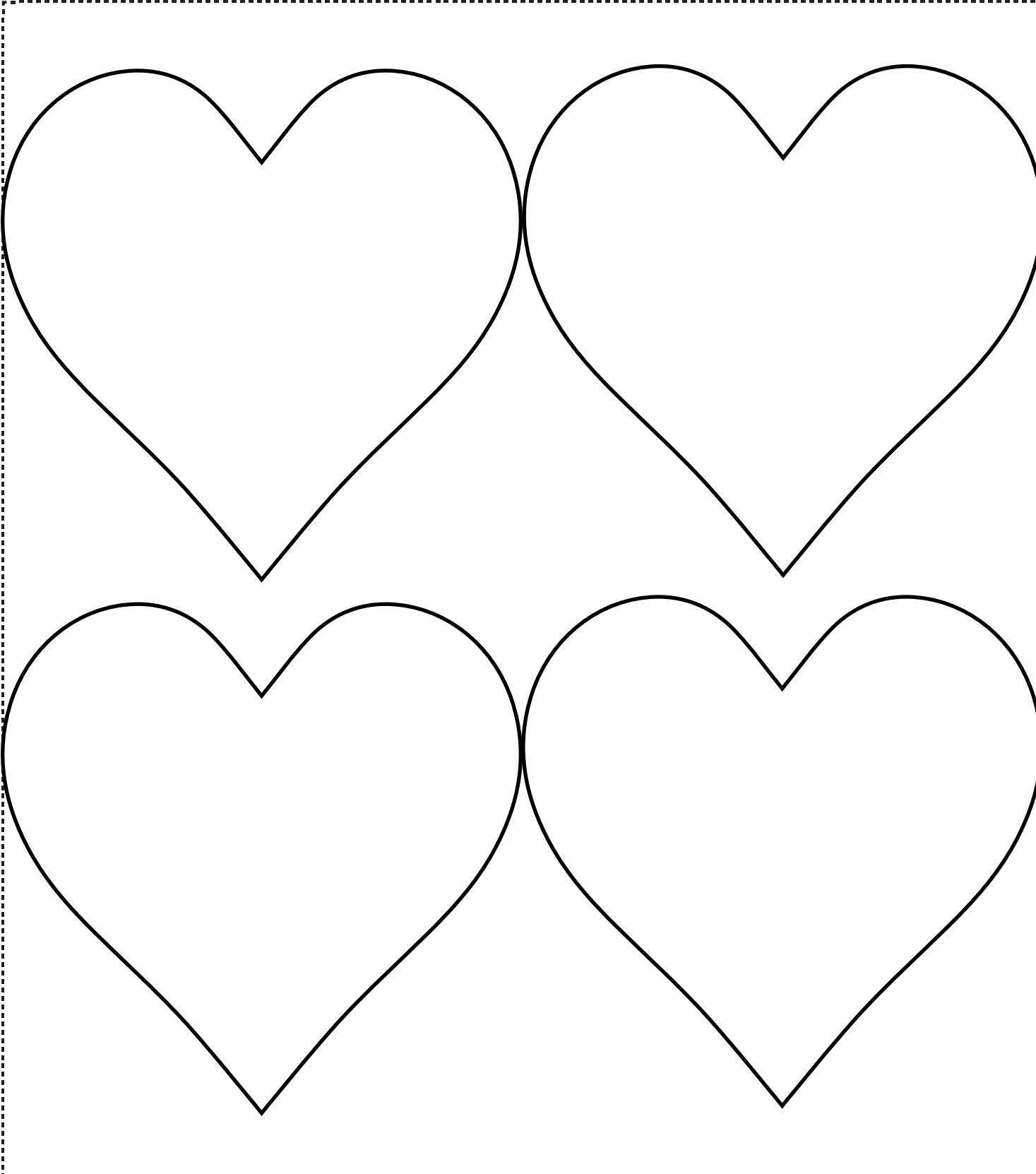


# Heartbeat Mat

Instructions:

1. Print pages 1 and 2
2. Cut along dotted lines
3. Connect pages 1 and 2 using tape or glue stick





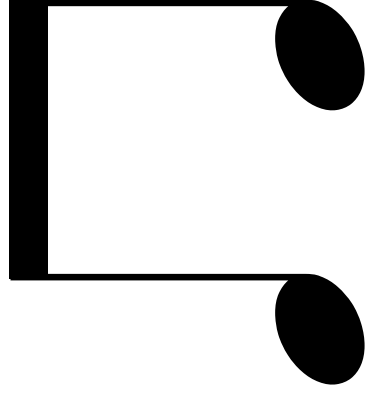
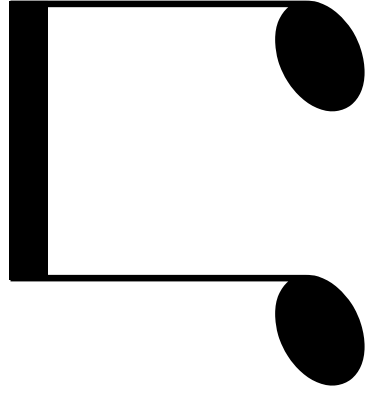
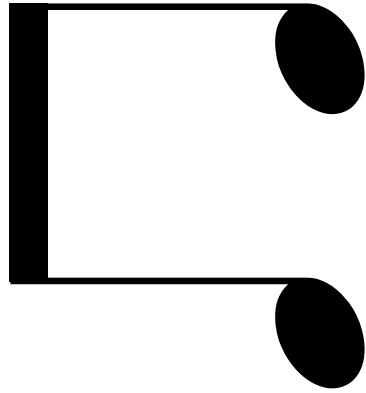
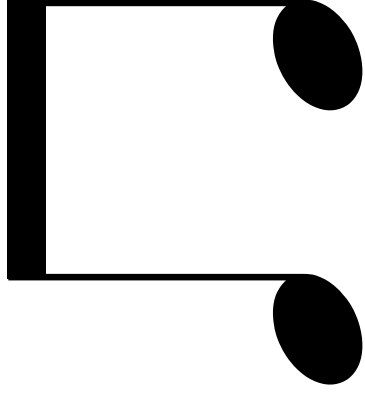
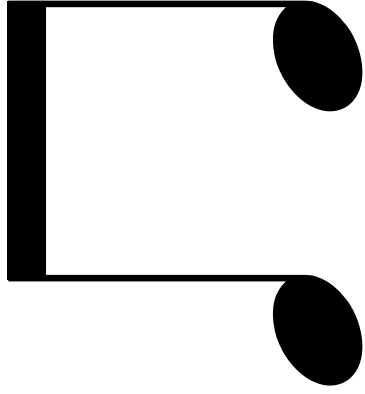
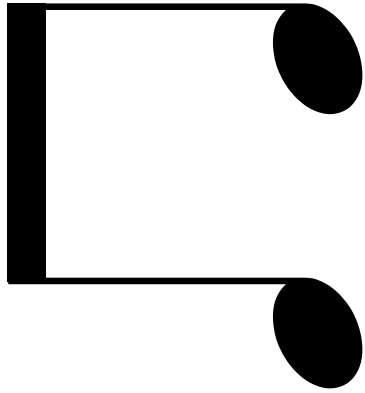
# Quarter Notes (“ta”)

Instructions: Cut along the dotted lines below.



# Eighth Notes (“ti - ti”)

Instructions: Cut along the dotted lines below.



# Quarter Rests

Instructions: Cut along the dotted lines below.

