

# Quarter Note = 1 Beat



1. Say "quarter note" in a *forte* voice, *piano* voice, high voice, low voice.

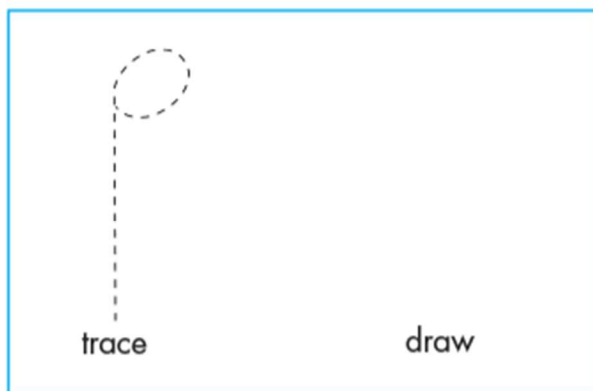


2. Tap and count aloud *forte*, then *piano*.

down-stem



L.H.

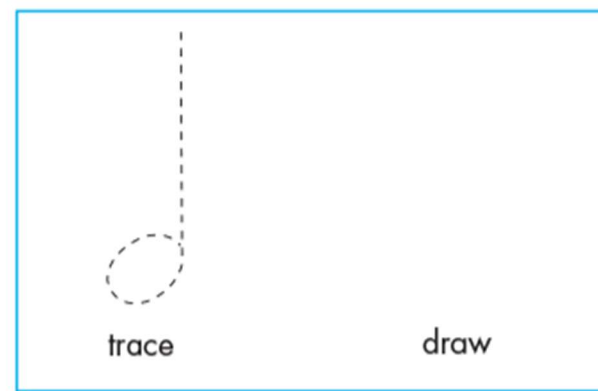


3. Trace, then draw a quarter note for the **left hand**.

up-stem



R.H.



4. Trace, then draw a quarter note for the **right hand**.