

# The Crotchet / Quarter Note Rest

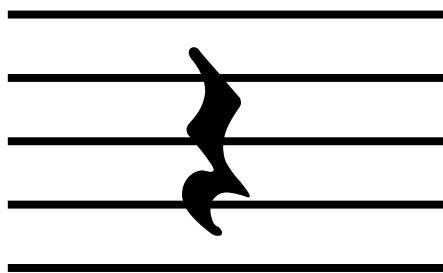
## One Beat of Silence



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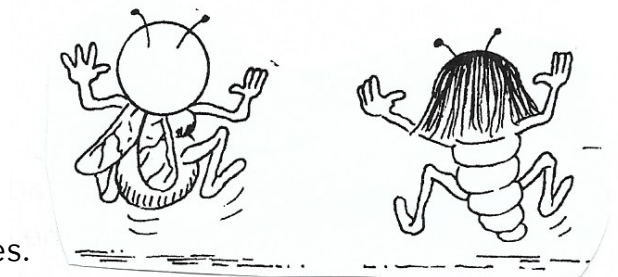
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This symbol is a crotchet rest, or quarter rest. It means there is silence for the same amount of time as a crotchet / quarter note.



# ssh!

When we are singing and we have a crotchet rest, we do an outward movement with our hands.



## Activities

- 1) **Clap** a crotchet then a *ssh!* Repeat several times.
- 2) **Draw** 6 crotchet rests on the stave below
- 3) **Write** *ssh!* under each rest

