



Welcome! **Groovin' from Home** is a set of short, step-by-step improvisation experiences created for beginning to intermediate band students. It's a chance to play your instrument and make up *your own* music.

Just follow the narrator and have fun! We hope you'll want to play each track more than once.

Week 1 – Improvise rhythm on one pitch

1. Slow Rock Rhythms for Band

<https://www.youtube.com/watch?v=wh5p1qrxmHs&list=PLPWgnpjskH2PGuElaVeEk8uaS23uhShAe&index=3&t=0s>

2. Funky Fast Rhythms for Band

<https://www.youtube.com/watch?v=9ULdKUEyn80&list=PLPWgnpjskH2PGuElaVeEk8uaS23uhShAe&index=1>

We'll be adding more tracks, bringing in more elements. Check back next week!