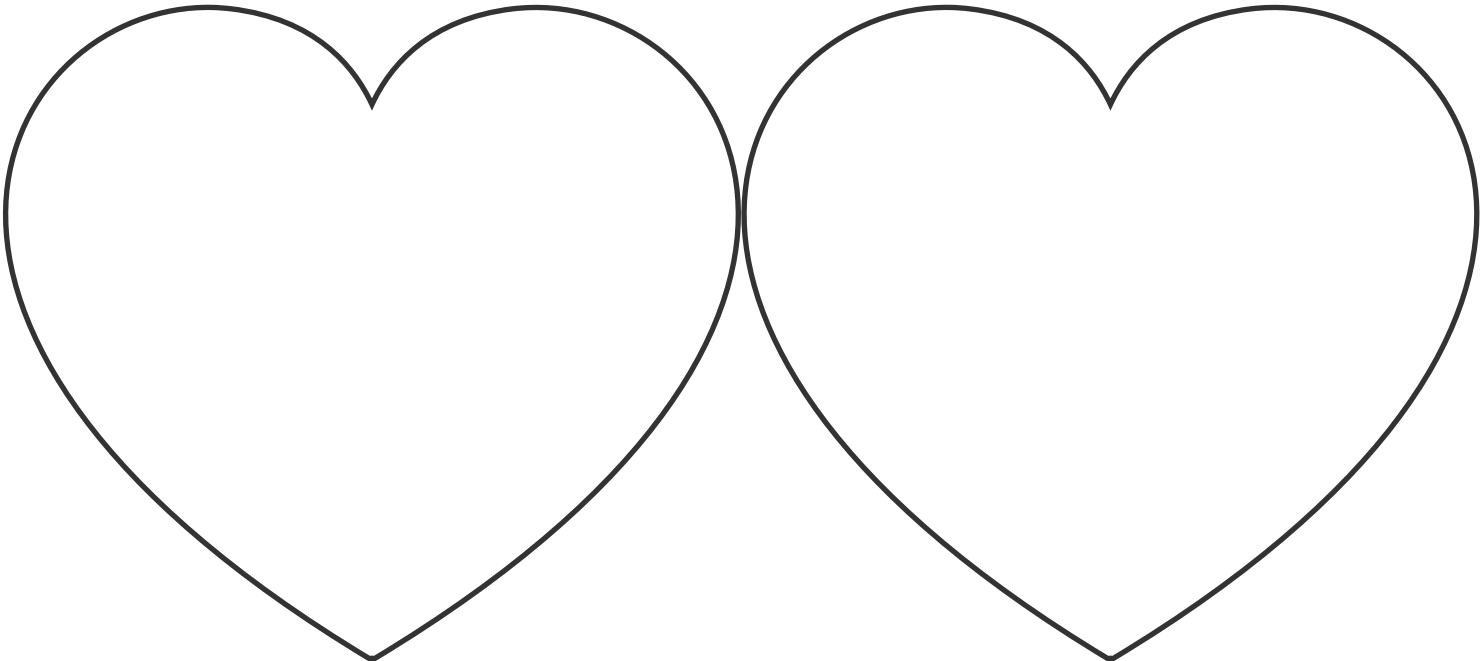
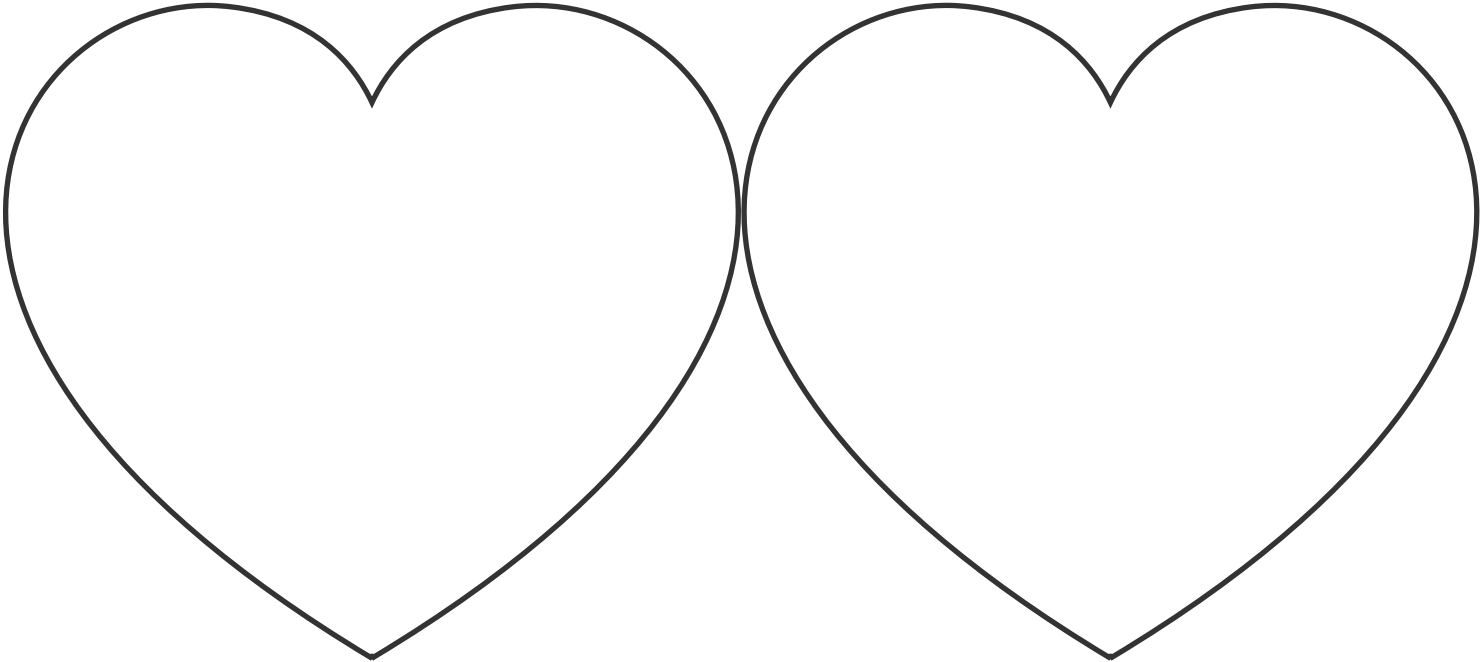
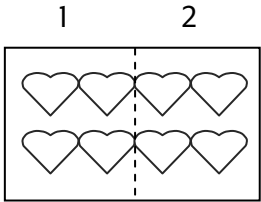
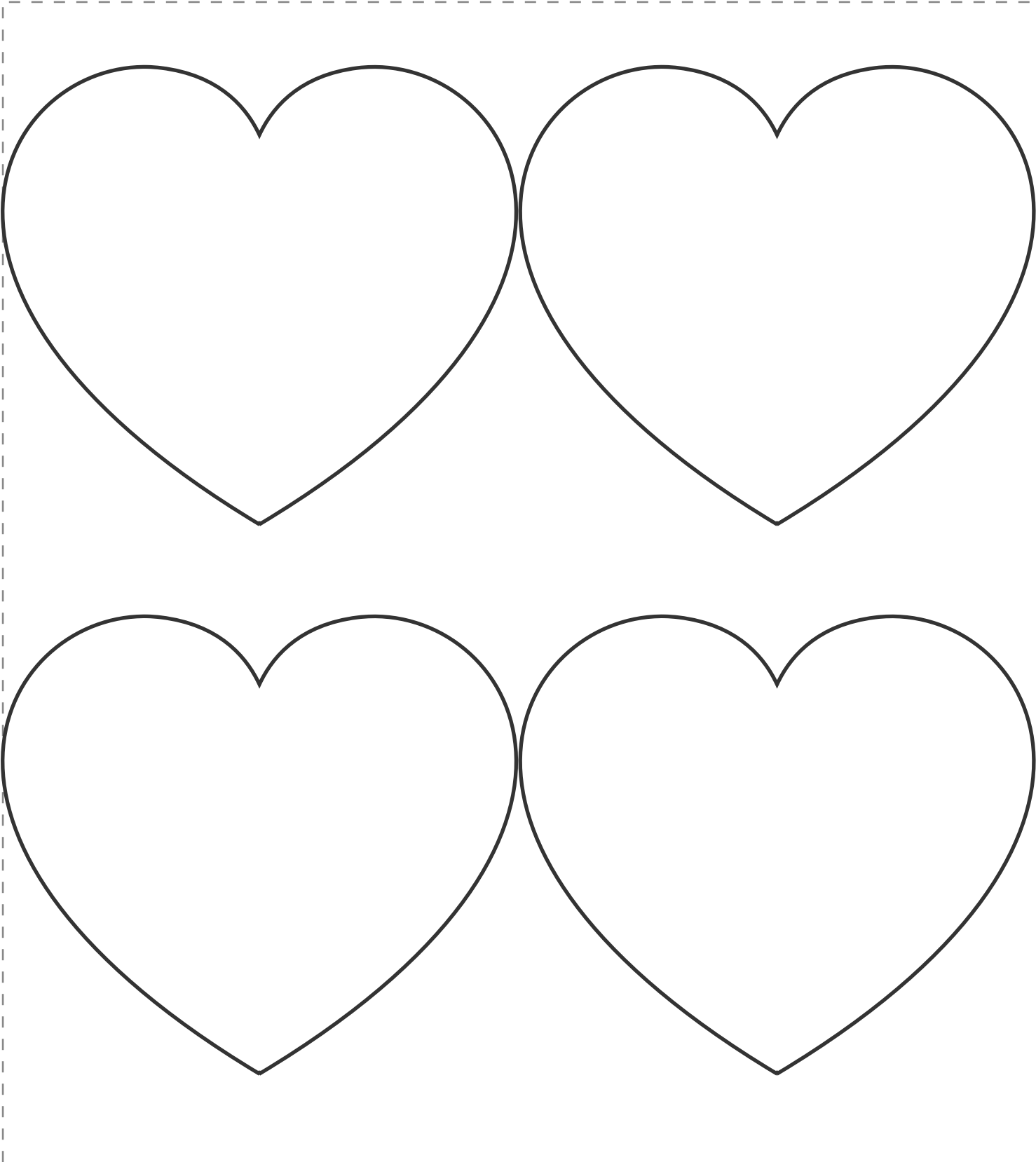


# Heartbeat Mat







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





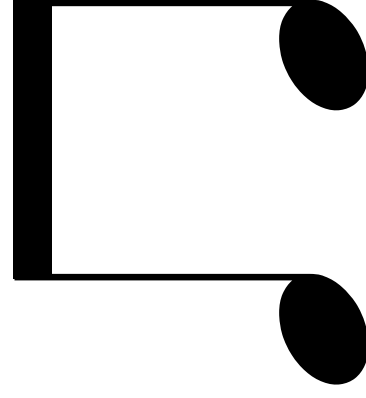
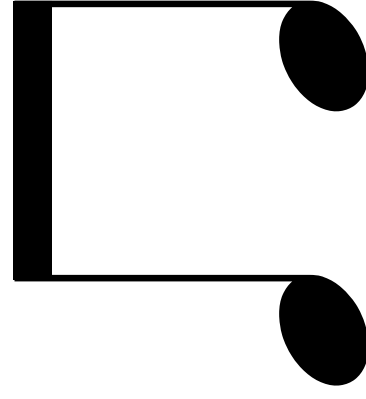
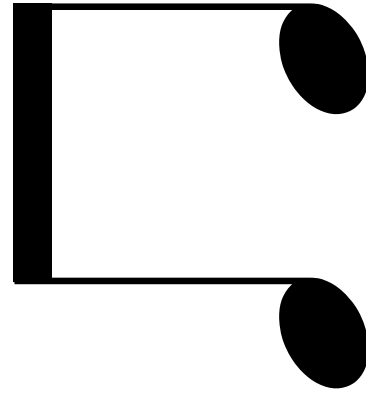
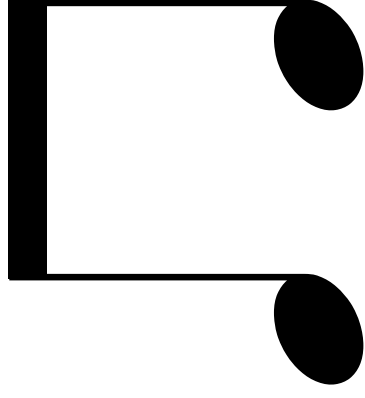
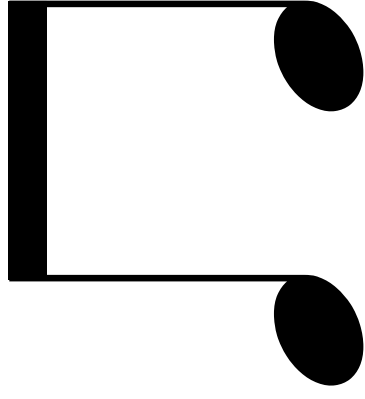
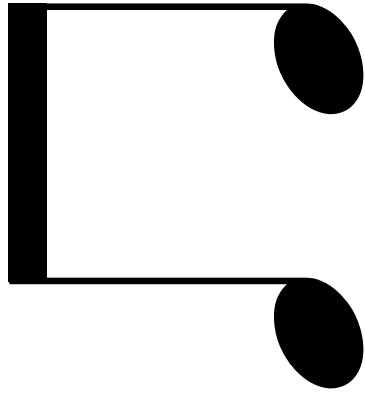
# Quarter Notes (“Ta”)

Cut along the dotted lines below.

# Eighth Notes (“ti-ti”)

Cut along the dotted lines below.



# Quarter Rests

Cut along the dotted lines below.

