






1 1 1 1	2 1 12 1 	3 1 123 1 	4 1 1234 1 	5 1 12345 1 	6 1 123456 1 
1 2	2 2	3 2	4 2	5 2	6 2
1 3	2 3	3 3	4 3	5 3	6 3
1 4	2 4	3 4	4 4	5 4	6 4
1 5	2 5	3 5	4 5	5 5	6 5
1 6	2 6	3 6	4 6	5 6	6 6

**HOW IT WORKS:**

Establish a consistent pulse with a metronome.

Count, clap, and/or perform the numbers evenly within each beat.

Continue to the next box while staying in time.

Move through the boxes in any pattern (down a row, diagonally, backward, etc.)