The Rests

silence is part of the music — every note value has a matching rest

Music breathes. A rest is a written silence: your hands stop, but **the beat keeps going**. Every note you know has a silent twin worth the same number of beats. Rests are counted exactly like notes — you just count them quietly.

Quarter rest

1 beat of silence



The squiggle. Worth exactly **one beat** — the same as a quarter note, but you play **nothing**.

Half rest

2 beats of silence



The little hat **sitting on top of the middle line**. Two beats of quiet — a hat resting on a shelf.

Whole rest

a whole measure of silence



The block **hanging under the fourth line**. It silences the **whole measure** — heavy, so it hangs down.



Tap and count: play every C, and whisper “rest” in the silences. Measure 4 is completely silent — count it anyway!

Try it Play the line above, then invent your own **rest piece**: play any C-position notes, but every time your teacher claps, freeze for one whole beat. Musicians say the silences are where the music **leans forward** — a rest is never nothing, it is **waiting**.

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