The Rest Family

every note has a silent twin — all five rests, whole to sixteenth

Each card shows a note and its matching rest — twins worth exactly the same number of beats. One plays, one stays silent, but **both are counted**. Notice the family logic: the flags match (one flag = eighth, two flags = sixteenth), and the two block-shaped rests tell you where they live: whole **hangs**, half **sits**.

Whole rest

a whole measure



Hangs **under** line 4 — heavy. Silences the entire measure.

Half rest

2 beats



Sits **on top of** the middle line, like a hat on a shelf.

Quarter rest

1 beat



The squiggle — the busiest rest in all of music.

Eighth rest

½ beat



A little flag on a slash — **one flag**, just like its note twin.

Sixteenth rest

¼ beat



Two flags — a blink of silence, gone before you know it.

RESTS IN ACTION



Play the notes, whisper the words — and keep counting straight through every silence.

Try it Memory trick: the **whole** rest is heavier (worth more), so it **hangs below** the line; the **half** rest is lighter, so it **sits on top**. Cover the cards and draw all five rests from memory — then find every rest in the pieces you are playing this week and name its value out loud.

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