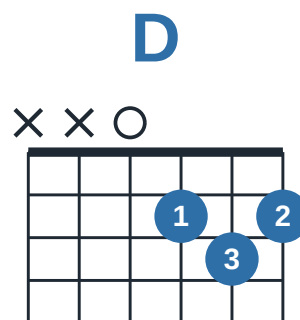
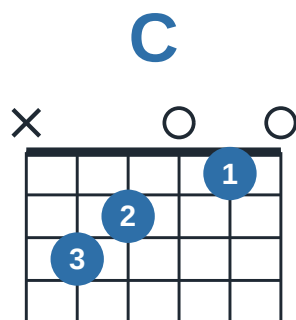
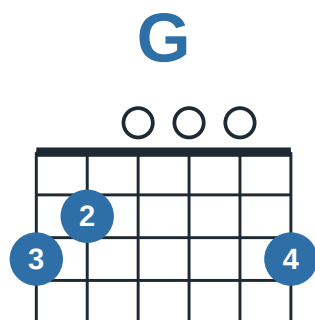


3 Folk Songs, Same 3 Chords

You Are My Sunshine • This Land Is Your Land • She'll Be Coming 'Round the Mountain

THE CHORDS



THE STRUM

- ↓ One downstrum every foot tap — nice and steady.
- ↓↓ Optional fuller sound: two even downstrums per tap.

Tap your foot or clap —
that's the beat.

You Are My Sunshine



Same 8-slot pattern for verse AND chorus — learn it once.

This Land Is Your Land



Two identical 4-slot halves: C-G-D-G, then C-G-D-G again.

She'll Be Coming 'Round the Mountain



Mostly G — C shows up for just one tap near the end.

Making It Smooth

THE FEEL

- Each song is broken into 8 simple “slots” — one chord per slot.
- Strum once every time you'd naturally tap your foot or clap along.
- Once that feels steady, try the fuller version: two even downstrums per tap.
- Same chords, same songs — just a bigger sound when you're ready for it.

WATCH OUT FOR

- Rushing the change — let the next chord be fully formed before you strum it.
- Squeezing too hard — a light, relaxed grip makes changes faster, not slower.
- Stopping your strumming hand while you change chords — keep it moving, even quietly.

THIS WEEK'S PRACTICE

5 MIN / DAY → **× 3 DAYS** → **PICK ONE SONG**

Just one song, five times through, five minutes a day. Mastery beats multitasking.

CHECK IT OFF

- ☐ I can switch cleanly between G, C, and D.
- ☐ I can play one full song, slowly, without stopping.
- ☐ I can play along with the words at a comfortable pace.
- ☐ I can play one song at full speed, start to finish.