



$$\text{♪} + \text{♪} + \text{♪} + \text{♪} = 4 \text{ beats} = \text{○}$$

$$\frac{1}{4} + \frac{1}{4} + \frac{1}{4} + \frac{1}{4} = \frac{4}{4} = \text{○}$$

○

= 4 counts /beats held

$$.25 + .25 + .25 + .25 = \frac{100}{100} = 1 \text{ whole unit}$$

$$\frac{25}{100} + \frac{25}{100} + \frac{25}{100} + \frac{25}{100} = \frac{100}{100}$$