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## ISRC Drum Therapy Kit Activities

### Memory Boosting Activities

- Follow the Leader – Leader makes up a pattern of four beats and others repeat back. Gradually increase number of beats to remember.
- Pass the Percussion – First person does a pattern of three beats. The next person does that pattern and adds on. Continue.
- Sentences – Students use instruments to sound out the beats of a sentence while it is read. Practice until they can remember the sentence and the beats separately. When this is mastered use paragraphs or poems.
- Generate a pattern using graphics (circle, square, triangle) that represent musical movements. Students perform the piece using the graphics; slowly remove the visual support to increase reliance on memory.
- Students stand/sit facing each other...one person creates a rhythm and the other repeats the rhythm and then creates a rhythm of his/her own that their partner must then repeat and create a new rhythm of his/her own – repeat.

### Social Skills Activities

- Group Rhythm Pattern - Work together to create a rhythm pattern to represent the group.
- Follow the Leader – Take turns as the leader to make up a pattern of beats that are repeated by others.
- Pass the Beat – Student creates a rhythm pattern then says the name of another student. That student does the same.
- Pass the instrument – Students all follow the same pattern then pass their instrument to the next student in the circle. Repeat.
- Take turns - Divide group in half, have right side play, then left side.
- Drum Circle – Students sit in a circle and all play their instruments freestyle.
- Solo – Student performs a solo, with other students providing encouragement.
- Closure - Provide closure by reviewing the process, checking in with students, and inviting comments on what was learned, enjoyed, and experienced.

### Resources in the ISRC Library

Developmental Community Music (DCM) <http://playsinglaugh.com/>

Together in Rhythm: A Facilitator's Guide to Drum Circle Music (Book & DVD) by Kalani (2004)

The Amazing Jamnasium: a playful Companion to *Together in Rhythm* by Kalani (2005)

Drum Fun! Musical Games for Groups with Kalani and friends (2 DVDs) (2012)