

Information for Parents, Students & School Staff

Supporting the social & emotional development of children & youth using rhythmic music & reflective discussions



What is Rhythm2Resilience?

A fun, friendly and empowering program that uses music and rhythm to help children and young people develop confidence, connection and social and emotional wellbeing. It's run in schools by trained facilitators, and used with young people of all ages and abilities.



What happens in a session?

Students come together and connect by playing simple rhythms and participating in fun exercises using drums and percussion. Analogies are used to foster relaxed group discussions and connect these group experiences to life issues, with a strong focus on developing healthy, nurturing relationships. It's hands-on, playful and inclusive, with an emphasis on collaboration and cooperation and avoiding competition.



What can it help with?

- Building confidence and self-expression
- Making friends and feeling part of a group
- Learning to manage big feelings and stay calm under pressure
- Practising teamwork and communication
- Developing resilience and problem-solving skills



Why rhythm?

Music and rhythm have a unique way of bringing people together. Playing music as a group helps students relax, connect with others, and express themselves in ways that can be hard to put into words. It's why students who are usually quiet or hesitant to join in, often become some of the most enthusiastic participants.



Is it safe and supportive?

Yes. Every session is designed to feel safe, welcoming and judgement-free. The group process reduces individual exposure and self-consciousness, with a strong emphasis on fun and inclusiveness where everyone's contribution is valued. Sessions are led by trained facilitators with an understanding of how to support students of all levels of confidence and ability.