

Many facilitators like to finish a Rhythm2Recovery (Rhythm2Resilience) program by having the group members showcase their learning to others. This may be at a school assembly, community event, open day, or just to other individuals & staff attending the same school or service. This is an excellent way to showcase the development of the group during the program.

Many group members will be anxious about performing publicly. It is important that participants are not forced into this, and they feel they have the autonomy to say no or designate the scale of the event. Sometimes it may be more comfortable to play in front of a small selected audience than a large public group or assembly.

It is also very beneficial if these performances can start with one of the participants explaining to the audience what they have learned during their Rhythm2Recovery course, in relation to the social and emotional focus of the material. And to involve the audience wherever possible in the music itself – through clapping, body percussion, ‘call & response’, handing out percussion instruments, movement or song.

The ‘Rhythm Catalogue’ section of the online videos – accessible using your username & password, is an important resource for people planning a performance. Here you will find all the different rhythm song parts that can be combined in different ways to create an engaging show. Changes in tempo, volume and soloing different parts etc. all add dynamism.

Equally, it can be very powerful to run an improvised drum-circle based on the exercise ‘Layer in your rhythm’ where people have the freedom to play whatever they like but are connected through the Bass pulse. This type of performance can readily involve the audience, with the R2R group graduates mentoring them on how to connect and play together in harmony. Teaching group members some simple facilitation techniques will allow them to facilitate some of the music themselves and is excellent leadership training.

Examples:

- Volume up – lift both palms slowly upwards
- Volume down – lower both palms slowly downwards
- Increase speed – use a bell and hit it on the pulse, gradually increasing speed
- Lower speed – use a bell and hit it on the pulse, gradually slowing down
- Stop – pass both hands in front of the body and on the pulse make a slicing movement outwards away from the body with both arms.
- Start – count the group or an individual back in using the words 1, 2 Let’s All Play
- Keep playing – point with your upturned palm towards those you wish to keep playing and perform a circular movement of the wrist

Ideas for performance scripts include:

- Starting with a rumble wave to remove nervous energy
- Utilising the Heartbeat rhythms, playing through each part, and then playing different parts together before giving people the freedom to play whatever they like around the double Bass
- Practicing and combining parts from one of the rhythm songs in the R2R rhythm catalogue – then move to soloing the different parts (sub-groups).
- Practicing and combining parts from other rhythm songs known by the facilitator or found online.
- Utilising the exercise ‘Layer in your Rhythm’ to showcase improvised music making by the participants. And then facilitating this through different dynamics.
- Having one or two members do a solo
- Utilising the exercise ‘Find your Voice’ prior to the performance to incorporate original lyrics that relate to a relevant theme
- Implementing many of the different facilitation techniques - see above - that can be applied to a rhythm song or improvisation to add dynamics to the music; these include soloing different parts, changes in volume and tempo, and passing the rhythm between different sections of the group.
- Combining the drumming with other school or community artists, such as dancers or musicians
- Involving the audience – pass out spare drums & percussion, do ‘Call & Response’, add clapping
- Making costumes and designing sets
- Finishing with a dynamic rumble wave or slowly fading away to silence.