

## Single Session Format for Positive Thinking & Empowerment

2 x 40minute sessions with a break in-between.

### Set Up

- One drum for each person
- One large Bass drum with mallet
- Percussion (Claves and shakers) – alternate, one piece under every second chair
- Whiteboard

### Welcome

Welcome people to the session and explain a little about today's theme and how it connects to resilience and managing life's challenges. Put people's fears to rest by stating that this is not a drum class – you don't have to get it right – we want to just have fun playing music together and focus on connection and belonging rather than technique or expertise.

### Introduce the Drums

Introduce the drums and acknowledge the connection between drumming and Indigenous healing practices. Acknowledgement of Traditional Owners.

Showcase the basic techniques – holding the drum and the three notes – Bass Tone & Flam – play each and then put them in a sequence around the circle.

### Call & Response

Do some 'Call & Response' to build people's confidence and proficiency on the drum. Split the group in two and while one half hold a foundation rhythm (B O B O) do 'Call & Response' with the other half. Then swap roles.

### Call & Response – Focus on the Positive

Sometimes we fall into focusing too much on what is going wrong in our lives and not enough on what is going right – we can all do this. Think about one or two things that are really working for you, things or maybe a close friend that bring a smile to your face, and make you feel good. We are going to represent the positives in our lives with a short rhythm phrase BbBbB (five Bass notes) and play 'Call & Response'.

When you hear this phrase, you repeat it twice to represent focusing twice as hard on the positives in your life. All other phrases you answer once with an echo.

### Analogy of the Bass – Bass = Base = Foundation

Discuss the concept of linking our rhythms through the Bass and how this holds us steady in our rhythm. We can play different patterns on the outside of our drum (Tones, Flams etc.) but need to connect our Bass notes together. What are some of the things that hold you steady when things get rocky in your life? Write on the Whiteboard - these are some of the things that the Bass symbolises in our work on the drum.

### Heartbeat Rhythms

Play slowly through the different 'Heartbeat' patterns and again, emphasise this connection through the Bass.

Then ask people to make up their own accent to add to the Heartbeat pulse and layer in one at a time.

When everyone is playing together, do some facilitation:

- Play with the volume
- Play with the tempo
- Solo one half while the other just play the Heartbeat pulse (BB)
- Pass the rhythm between the two sides
- Fade to nothing – lower the volume gradually to silence to finish.

## BREAK for 20 minutes

### The Speaker's Chair

Decorate a specific chair and place the Bass drum and mallet in front of it. Bring out percussion for every second person and place their drums behind their chairs.

Explain the nature of the game and the two calls – practice the calls a couple of times.

1. To stop the drumming - 4,3,2,1, Stop
2. To start the drumming – 1,2, Let's All Play

*Write these two calls on the white-board.*

In this exercise, when your turn comes in the 'Speaker's Chair' you are going to say three things you are grateful for in your life. *Focus on the smaller things – things we often take for granted.* And then restart the rhythm with the count (phrase) – 1,2, Let's All Play!

### The Four Bass Break

Discuss the concept of 'Affirmations' – we can lock in learning through rhythm this way as people have done for thousands of years.

In this exercise we are going to think about four things that can help us stay positive in the face of life's challenges – brainstorm among the group things they have found useful in their lives and list on the whiteboard. Then whittle this down to four priority picks.

Showcase the break – four basses with three counts of silence between each. Practice bringing this into the rhythm, counting down 4,3,2,1 and into the 4 Bass break and then resuming the rhythm afterwards. Once this is mastered add the words – one after each Bass. Do this a few times and then finish with the break one final time.

### Yes I Can

Discuss the benefits of positive thinking and how we can all find ourselves drifting into negative thoughts at times and putting ourselves down – we all do it ,but for some people it becomes all-consuming – everything is my fault!

Teach the new break - Flam, Bass, Bass; Flamm Bass, Bass; Flam. *Start slowly and gradually speed up.*

This represents a positive frame of mind – Yes, I Can, Yes, I can, Yes!

In this exercise, if you recognise that you sometimes drift into negative attributions and want to turn that around, then you count down the rhythm to bring in the break – 4,3,2,1. The facilitator leads the first one and then offers the group members the chance to call down to the break themselves.

After a few goes, finish with the break and people saying the words on top of it – Yes, I can, Yes, I can, Yes!

### Finish – Pas the Bass

Ask everyone to think of a word to describe how they are feeling now.

*Demonstrate Passing the Bass*

Then ask everyone to rumble on their drum using only their fingertips (very quietly), and one person will pass a Bass note using eye contact to another – when the Bass reaches you, stop playing and say how you are feeling – before passing it onto someone new.

When everyone has had a turn bring the rumble volume up and then fade it down really quietly to silence.