



Rhythm2Recovery

Single Session Ideas – Teamwork & Relationships

90 mins

Set Up

- One drum per person
- Percussion (Claves & Shakers) – one under every second chair.
- Whiteboard

Welcome

Welcome everyone and explain the theme we are going to be working around today. Explain that this is a fun program, not a drum class and that we are here to make some music together and look at how people get along and work well together – what makes that work and what can get in the way. *“If you’re a bit nervous that’s normal but rest assured no musical experience is necessary in this course”.*

Rumble If..... Ask some ‘Rumble If....’ Questions to break the ice:

- Rumble if you love music
- Rumble if you enjoy a good movie
- Rumble if you like to laugh
- Rumble if you sometimes sing in the shower

Rumble Ball

Introduce the concept of an imaginary ball, that will be thrown between participants. The facilitator starts by naming one person across the circle who will receive the ball - when it leaves the throwers hands, everyone rumbles until the ball is caught. The ball should travel slowly so there is a decent time to rumble and should be caught with a clap (hands coming together). Once caught the catcher answers a question, e.g., **‘Name one quality of a good relationship’**, before they choose a new person to throw the ball to. And so, the game continues.

Comments: Ensure all get a chance to catch and throw. Encourage creative throws and catches.

Introduce the Drums – Indigenous history of drumming – drumming always used to connect and uplift people in communities. 5,000 different Indigenous people’s living across 90 countries almost all using music and rhythm in their healing practices which often revolve around community connection and belonging.

Introduce how to hold the drum and the three different sounds of the drum – Bass, (middle of the drum) Tone (edge of the drum) and Flam (two hands strike almost simultaneously, but with a very slight gap, the outer edge of the drum). Play some different combinations of the three and then divide the group into two and give each a different part, connecting through the Bass. E.G.,

| TIMING | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + |
|-----------------|-----------------|-----------------|
| Rhythm 1 | B B O O | B B FL - |
| Rhythm 2 | B O B O | FL B FL |

Comments: When you combine the two parts, play with dynamics, e.g., lower volume, increase tempo etc.

Notation – B = Bass note, T = Tone, Fl = Flam. Upper case = Dominant hand, Lower case = Non-dominant hand

Call and Response - make it fun

Lead some ‘Call & Response’ to build people’s confidence.

Then divide the group in two and ask one half to play a foundation rhythm (B O B O) while you lead 'Call & response' with the other side – then swap roles.

Discuss situations where we may have a role in holding things steady, like holding a foundation, while others can explore new opportunities and be creative.

'Call & Response' - Focus Game

Play 'Call and Response' but have one rhythm phrase that everyone has to avoid.

This phrase represents the types of behaviour that undermine effective teams – ask for examples

Maybe use: B O o O – if you hear this SILENCE, otherwise echo back the different phrases.

Discuss in relation to bad habits in how we treat people e.g., not listening etc., and how we need to be alert (Focus) on ensuring we don't fall into these habits.

Break for 10 minutes – STRETCH!

The Bass is the Foundation Exercise – Utilising the Four Bass Break

Explain the analogy of the Bass – connecting the rhythm & holding it steady.

Name some things that you believe hold relationship steady? *Write these up on the whiteboard.* Then whittle them down to four priority items.

Introduce the 'Four Bass Break' where we play a Bass on the first note of the bar followed by three counts of silence and repeat three more times.

Practice introducing this – counting down the rhythm 4,3,2,1 into the break and then resuming the rhythm afterwards.

Once this is fluid, add the words – one after each Bass note and thus reaffirm these four key learnings. After a few goes, finish with the break

Values – What do we believe in?

Ask the group to reflect on the values they believe they and the school/service stand for, and how this directly influences the culture and behaviours of the organisation and its staff.

When there is a clear connection between the values of an organisation and the personal values of its staff it drives motivation and workplace satisfaction.

List a range of values on the white-board and then do the 'Values Rhythm' Exercise below:

Values Rhythm exercise

Using the words on the whiteboard showcase how we can turn their syllables into rhythmic patterns. Give some examples. Then start off a strong Bass pulse with a one syllable word and say it a few times before letting the rhythm speak for it. One at a time, each person enters with their value word as a rhythm – saying it as they play it and then dropping the words. When everyone is in, lower the volume and ask people to start saying their value again in time with their rhythm and then keep saying it but stop drumming. Finally ask people to get quieter and fade the volume down to silence.

Harmony Exercise

In this exercise we will play like selfish individuals with no concern for others with our heads down for 20 seconds and then after 20 seconds raise our heads and see if we can bring our different rhythms into harmony with each other. Warn people not to try to force others into their own rhythm.

*Comment: Lower the volume if necessary, to help people connect. **Discuss** what allowed people to come together in harmony and how this relates to getting on well together.*

Discuss the importance of compromise, adaption, listening and slowing down to build connection with others in real life.

Note - If it didn't work (finding harmony) discuss what might have stopped it coming together, without blaming individuals.

Layer in your Rhythm – *place percussion in the middle of the circle.*

Looking at the importance of valuing diversity and acknowledging everyone's contribution to the team

One at a time, each person layers in with their own sound

Before beginning ask them to focus on:

- Listening before you enter
- Listening and connecting to the Bass
- Leaving room for others
- Being prepared to adapt their rhythm if it is not connecting.

Fade to Nothing

Finish with everyone playing a simple rhythm and then lowering the volume steadily so it slowly disappears.

Reflections - Ask people to reflect on the session.

Additional Exercise if Needed

Musical Chairs – A New Perspective

Bring out percussion and put the drums of those using percussion behind chairs.

Showcase a break of silence – 8 counts – in the break you need to get to a new chair.

Make sure you leave your instrument on or in front of your chair – don't take it with you.

This is not a competitive game – we don't take chairs away. – there will always be a chair for you.

Play the game a few times and then ask people to focus on what they can see and hear clearly from where they are now when we resume playing. After one shift of position ask people to reflect on what has changed – *“What can you see and hear now that you couldn't before”*.

Finish and **discuss** the importance of shifting perspective, changing your position sometimes when there are problems or you get stuck. What stops us doing this? Can you think of an example where shifting your position has allowed for new understanding or a new way forward?

A New Adventure

Start by playing a simple rhythm with two hands – B b O o O (Bass bass Tone tone Tone). Then stop and discuss how sometimes we need to break free of old patterns when they are unconstructive. In this game we all start this pattern and then you have to slowly change your rhythm to something new of your own (think creatively and be prepared to fail and try again). The one rule is that you must try to maintain harmony with the original pattern which the facilitator will continue to play.

Comments: It is important to recognise when we are stuck in a pattern of behaviour that is unproductive and be prepared to go out on a new adventure and try something else.

Note - Lower the volume to help people find harmony.