



DRUMBEAT Adult Group Work-Lesson Plans (2 hours)

Session 2 - Relationships – Part 1

Welcome to Session 2 – *The theme today is Relationships.*

How was the rhythm of your week? *Facilitator to play examples of how you might describe your week on your drum, and then invite the group collectively to play how their week has been over the top of a foundation rhythm.*

Group guidelines: *briefly review, new participants to add their contribution.*

Revision – Last session, The Rhythm of Life –
“What did you take away (learn) from that session?”

Warm up – *Introduce Call and Response – Facilitator leads, then review the Double Heart Beat rhythms and/or part one of the listening song*

What is a Relationship? *Define the word relationship -
Examine different types of Relationships? List on whiteboard
Why do people enter into relationships?
What sustains healthy relationships?
Relationships change – what can help support relationships through change and other stressors?
What are some of the warning signs that a relationship may be unhealthy?*

Summarise this conversation

Drum as I Move (Dance) - A look at the relationship between the drummers and the person in the middle. *The Facilitator moves in the circle – steadily, then erratically*

When was this relationship at its best and why?

When did it fall apart and why?

How do we stay connected with the moving person?

When people lose touch with each other, relationships suffer (what can this lead to?)

Summarise this conversation

BREAK – 20 minutes

Listening Song Parts 1-3 – review part one and add further parts according to the capacity of the group

Prioritising Relationships *(from earlier list)*

Have each participant name 3 important relationships in order of importance.

What do these relationships offer you?

What do you bring to these relationships to support them?

Has order of importance changed over time? Why?

Summarise this conversation.

Play the ‘Rhythm Detective’ - Using part 1 and 2 of the Listening song or different Heart Beat rhythms

Or

Introduce Stop-Time: Part 1 *(B –TT- TT) Initially practice the switch of Tones separately from the Bass note*

Play how you feel - free expression before finishing together with a fade to nothing.

Session Finish - *Review sheets can be given out*