



DRUMBEAT Adult Group Work-Lesson Plans (2 hours)

Session 3, Relationships - Part 2

Welcome to Session 3

How was rhythm of your week? *Group invited to express how their week has been over the top of a foundation rhythm – group generally plays together.*

Group guidelines: *briefly review (focus on 1 or 2 of these if they are problematic). Do we need to add any?*

Revision – Previous Session, Relationships Part 1

What is a Relationship? Different types of Relationships; Summarise learning from the previous session

Warm up – *Call and response with a foundation - ½ group playing support beat while facilitator does call & response with the other half – discuss the importance of foundations in our lives.*

Review – Listening Song – 3 parts

Relationships; Healthy v's Unhealthy

Draw up two columns on the white-board – allocate qualities of both healthy and unhealthy relationships.

- *What is required for a healthy relationship?*
- *How hard is it to maintain a healthy relationship? – What can help?*
- *What types of things contribute to unhealthy relationships?*
- *How hard is it to escape an unhealthy relationship? – What can help?*

Summarise this conversation

BREAK – 20 minutes

The Echo- *Stress the importance of trying to play what the person next to them played, rather than remembering the original message.*

Evaluate why the message changed

- *Why do messages change?*
- *What kind of message is likely not to change?*
- *Who has had rumours spread about them? What did it feel like?*
- *How can you manage those feelings? How hard is it to ignore rumours? What can happen if you buy into rumours?*
- *If unsure of the validity of the message what could you do? (Where appropriate, safe, go back to the source).*

Summarise this conversation

Revisit The Stop-Time Rhythm : Teach parts and divide amongst the group

Part 1 *B - TT - TT*

Part 2 *B - TT - TTT*

Part 3 *B - TTTTTT*

Part 4 *T- TT B - Clap*

Try arrangements stopping for four Bases

Introduce The Dharshi Groove – Parts 1 & 2.

Part 1: *TTT - TTS TTT - TTS*

Part 2: *TTT - TTB TTT - TTB*

Play how you feel- Free Expression on the drum, ending together on the foundation rhythm with a slow fade to nothing

Session Finish - *Review sheets can be given out*