



DRUMBEAT Adult Group Lesson Plans (2 hours)

Session 4 – Harmony

Welcome - How was the rhythm of your week? – Ask them to play – then briefly describe their week

Review any relevant group guidelines

Revision of previous session – Relationships 2

Warm-up: Call and Response, Have a go! – Each participant contributes one call that is answered by the group – emphasise the factors that support clear and open communication.

Revise either *The Dharshi Groove: Parts 1 & 2* or *Stop Time Parts 1 and 2*

What is harmony? Musically/Socially, Individually? Have the group define.

Harmony is about blending skills & qualities to achieve an outcome we could not achieve on our own. Harmony is also about balance and trust.

Harmony Exercise: Random chaos versus a set rhythm (e.g. Stop time)

No wrong Answers:

Which sounded better and why?

Which felt better and why?

Which could you sustain longer?

N.B. Harmony with others is not always possible (play *Listening Song* and *Stop Time* together)

Discuss and summarise

Skills required for harmony. (list these on a white-board)

Listening to each other, respecting each other, trusting each other and working with each other are the same skills needed to develop good relationships. Are these also important in finding harmony within ourselves?

N.B. Harmony is important with others but also with ourselves – What sort of things allow us to feel comfortable with ourselves?

Discuss and summarise

Stop Time Parts 1 – 4 (Review, blend and arrange)

BREAK – 20 minutes

The Peer Pressure Challenge: Maintaining your individual rhythm against pressure from the group.

What is peer pressure? What makes it powerful? Is it always bad? Stress that every-one is vulnerable to peer pressure especially from family and friends across the life-span.

Draw a scenario from each member of the group that they know they are vulnerable to and allocate that to the two rhythms you choose to play against each other. E.G. Use the Listening Song part 1 to represent “not wanting to drink” and the Listening Song part 2 to represent. “Come drink with us”.

Examine what allows people to resist negative peer influence and the support that can be gained by pairing people up rather than facing this challenge alone. How could you use peer pressure positively?

Discuss and summarise

Critical acclaim – Communication & Identity: *Go around circle ask each participant for 2 character traits that describe themselves (not physical – facilitator to give example).*

Discuss: Where do we get our knowledge of ourselves from? Friends, family, peers, others? How does this feedback influence the way we see ourselves – if it’s positive; if it’s negative? How easy is it to get into the rhythm of being negative towards others? Who has found themselves caught in this type of rhythm – How did that affect your relationships?

Have each member name one thing they could do to be a better person. (life is about growth – we can always improve ourselves if we recognise where what we need to work on - no-one is perfect).

Holding Time: Use this exercise in groups where members have trouble holding the beat steady without speeding up

Use the Dharshi Groove part 2; Stress the connection between this exercise and the peer pressure challenge- resisting peer influence and holding your feelings in check.

Play for set periods of time at a steady pace (Use a metronome if necessary)

How hard was it to maintain a steady rhythm? What made it hard? What helped?

How hard is it for you to remain calm when others are losing it? What can help you to stay calm?

Play How You Feel – Free expression

Session Finish - *Review sheets can be given out*