



## DRUMBEAT Adult Group Lesson Plan (2 Hours)

### Session 5 - Identity and Community

**How was the rhythm of your week?** – Ask them to briefly play, then describe their week or the days since you saw them last

**Review the previous session - Harmony**

**Warm-up:** Call and Response 'Have a Go!'

Review: Stop Time Parts 1-4 & /or The Dharshi Groove: Parts 1 & 2

**Define Identity.** What is identity? (list on a white-board) - **Who we are, the characteristics that make us different from others. How we see ourselves. How others see us.** Identity can be shaped by feedback from others (especially when young). What are some of the positive qualities that shape your identity? How can your communication style impact on others identity?

**Define Community.** What is Community? (List on white-board) **A group of individuals sharing common characteristics, location or interests and seeing themselves as separate from others.** Name some communities we belong to. What about family? Community can be like a supportive network. Strong communities utilise the strengths of all members.

**The Off Beat** - A look at individuality and how that can be incorporated both musically and socially into a collective movement.

- People are individuals who have to live and work together.
- In relationships it is important to be able to give each person the freedom and space to be themselves. This requires a solid foundation (**TRUST**).

**One Drum at a Time- Finding your place in the community.**

One person starts a steady rhythm of their choice and everyone layers in one at a time with their own beat. (Stress that if you struggle to find a connection you can always fall back on the Bass note – common values).

- Explore why it worked or why it did not work.
- Sometimes it is hard to find your place in the community around you
- Sometimes it is hard to connect because the group's core values are unstable, trust can't be built.
- Sometimes we just have to persist and give these relationships extra time to meld utilising the same skills as in this drumming exercise.

## **BREAK – 20 minutes**

**Individual Solos- Taking a risk, to move your life forward** (NB the group play a 4/4 foundation groove and players are invited to solo – signalling to the group their intention by placing their hands over their drum prior to starting – the group acknowledges the solo with a cheer after it is played).

- *How did it feel to take a risk?*
- *Was it easier knowing you had support?*
- *What other support could you draw upon on the outside if you needed to take a risk?*
- *Who wanted too solo but didn't. What stopped you?*
- *Discussion about regrets in real life.*

### **Summarise**

*Stress the importance of a supportive social network so that when we fall, as often happens when we try something new, there is someone to pick us back up. What are some of the ways of building a supportive network around you?*

**The Bass is the Community** – *First, a discussion on the analogy below and then a Jam around the heart-beat rhythms.*

- *Bass notes represent social obligations – list some of these.*
- *Tone notes represent ways we can express our individuality – list these and also whether they can have negative impact on others.*

*After the Jam repeat the exercise without the Bass – have play same tones/slaps etc. only (**This is how communities are when people refuse to accept their social obligations**).*

*Diversity adds interest to life as can be seen in this exercise when we compare it to everyone playing the same part. What are some of the things you have learnt or value from people you know who have very different backgrounds from yourself?*

**Dharshi Groove Parts 3 and 4** - *If the group are ready to progress or otherwise review previous rhythms with different arrangements.*

### **Play How you feel – Finish with a Fade to Nothing**

**Session Finish** – review sheets can be given out  
**Research – Give out Session 5 Questionnaire**