



DRUMBEAT Adult Group Work-Lesson Plans (2 Hours)

Session 6 - Feelings and Emotions

How was the rhythm of your week? – *Ask them to briefly describe and/or play how they are feeling on the drum (facilitators included) – point out the range of feelings and emphasise that all feelings are OK!*

Review the previous session – Identity and Community

Warm-up: *Call and Response ‘Have a Go!’; Play one round of ‘One drum at a time’; Review the Dharshi Groove.*

The Teamwork Song – Parts 1 - 2 *(B BTTB with clap or flan)*

Feelings and Emotions

- *What are feelings or emotions?*
- *Where do they come from?*
- *List some feelings.*
- *How do they influence behaviour?*

Feelings are natural, and are primal responses to the world around us. Sometimes our feelings get the better of us and we act in ways that are hurtful and inappropriate – we all need to find useful and practical ways to release our feelings.

One way of expressing feelings is to ‘Play some feelings’

Pair off across the circle & have one person play a feeling and their opposite try to identify it. Throw it open to group to see if others interpreted the sound differently.

- *Why do we sometimes interpret people’s feelings incorrectly? Who has experienced that?*
- *What are the consequences of that?*
- *Why might people disguise their feelings?*
- *How easy is it to be honest and open about how you feel with your friends, family, partner?*
- *What happens in relationships when we hide our true feelings?*

Discuss and Summarise

BREAK – 20 minutes

What is Soul? – *In music feelings are sometimes referred to as soul. Music with feeling has real Soul.*

What music do you like? Why?

Discuss any links between the rewards of the music they listen to (what attracts them to it) and the rewards of healthy relationships

Playing with feeling:

Try playing a set rhythm as though you were Angry – what can that tell us about Anger?

Try playing a set rhythm as if you were really calm – what might that tell you about calm?

Take a Deep Breath

On a white-board list a couple of feelings that people struggle to deal with – e.g. Anger, jealousy or grief. Draw up two columns; One column for healthy and one for Unhealthy. Have the group list different ways people cope with those feelings – allocate to the relevant column

- *What are some of the options for gaining control of our feelings when their natural expression might be inappropriate?*
- *Give me two examples, one of an area where you show great patience and one where you struggle to be patient? What is the difference?*

Feelings are Infectious – *one person in the middle playing happy with 2 either side playing angry. Discuss, then reverse (remember in reverse – start all players playing sad before the two on the outside try to lift the person in the middle).*

- *How easy is it to be brought down by other people?*
- *How can we avoid that?*
- *What role can we play to support friends that are feeling down?*

Discuss and Summarise

The Teamwork Song – Parts 3 (B BBBB) and 4 (B BBBB TTTT)

Play How You Feel – **Free expression on the drum, finishing with a fade to nothing.**

Session Finish – **Review notes can be given out**