



## **DRUMBEAT Adult Group Work-Lesson Plans (2 Hours)**

### **Session 7 - Teamwork**

**How was the rhythm of your week?** – *Ask them to briefly play and then describe how their week has been, (facilitators included).*

#### **Revision – Session 6 - Feelings and Emotions**

**What did we learn?**

**Warm-up:** *Play one round of ‘One Drum at a Time’; and Review The Team work Song (Parts 1 – 4)*

#### **What’s in a Team? Define Team.**

- *Name different types of teams. (ensure family is included)*
- *List the skills required for teamwork?*
- *What benefits does belonging to a team bring?*
- *What are the challenges of belonging to and working in teams?*
- *Do you need to be friends to work effectively in a team?*
- *How important are core values to teams?*

**What skills are required for the DRUMBEAT performance?**  
*Emphasise the teamwork developed so far and the skills involved.*

#### **Pass the Rhythm – Based around the Heartbeat Rhythms**

*Each person makes up own pattern around 2 bars. The group jam while each individual makes up their own part. Then they play it back to the group one at a time and the group join them in their rhythm. Finally the whole group layer in their individual rhythms one at a time. Split in half (1 group playing BB only while the other play their full rhythms, then swap roles by passing the rhythm)*

#### **BREAK – 20 minutes**

**It takes Two –** *The facilitators demonstrate a two part harmony, (remember if you are unsure to use the Bass note as a connection point). Pair off members across the circle to work together to make up their own 2 part harmony. (Emphasise keeping it simple, and leaving room for each other). Then have them return and play it back in pairs to the group before the group join them – half the group playing one part and the other half joining the other part.*

- *How did it feel to make up your own rhythm?*
- *How did it feel to have everyone play your rhythm?*
- *When else might it be good to have the support of others?*
- *How important was the Bass note in keeping you connected and stable? How can we relate this to other areas of our life?*

## **The Affirmation Game (adult version)**

*Find an appropriate role model and discuss how people can overcome adversity in life.*

*What is an affirmation? (Write up on board the drum pattern - TTTTTT TT TT and BBBB BB BB) Practice the two patterns.*

*Have each participant make own affirmation, (The facilitator may write these on the white-board. Also stress they do not have to say it out loud when playing).*

*Start with a simple foundation rhythm and then demonstrate how the different parts are played and what they represent. Finally invite the group members to affirm in front of the group (By playing the Tone pattern) their intentions.*

## **The Groove**

*A groove in musical terms is a rhythmic pattern that is established when everyone plays with the same timing and feeling. A good groove gets its strength from the consistency, cooperation, commitment and importantly the connection of all those involved in making it happen.*

**Questions:** *What does it feel like when a team really pulls together? What happens when players opt out of the team or work against their team-mates? Can trust be rebuilt?*

**Holding Time** - *Have the group select rhythm they have learnt, and play it steadily without speeding up for a set period – try forcing the pace and see if they can hold themselves back.*

**Homework** – *split into pairs or three's and ask them if they can work on a new rhythm to play to the group before the next session*

**Session Finishes** – **Review notes can be handed out**