



DRUMBEAT Adult Group Work-Lesson Plans (2 Hours)

Session 8 - Revision and Preparation for the Performance

This session is used to revise major teaching points from sessions 1 - 4. Brief discussions are held on each of the 4 themes and games or exercises may be introduced to add interest or focus on specific issues. Keep discussion and exercises to the first hour. Use 2nd hour for performance rehearsal/planning

Warm-up: Play a couple of rounds of 'One Drum at a Time' - (could be part of performance: have group take in turns to start). Review the homework from Session 7 – any group rhythms.

What have we learnt?

1. The Rhythm Of Life

Key points – We all have our own rhythms; These rhythms often clash; We need to take responsibility for our own rhythm; We can easily get stuck in unproductive or unhealthy rhythms; It can be hard to move from one rhythm to another; Awareness of the unhealthy patterns in our life is the first step to more productive rhythms. Sometimes we need to take a risk to move from an unhealthy rhythm to a healthy one.

New Exercise – Rumble to a Rhythm

2. Relationships: Parts 1 & 2

Key Points – Relationships come in all shapes and sizes; they can be healthy or unhealthy; healthy relationships are based around healthy values and require attention and consideration; Peer influence can be healthy or not – avoiding negative peer influence requires knowing your own mind, focus and the support of others.

New Exercise – Arthur's Listening game – a look at decision making, problem solving and perspective.

3. Harmony

Key points – Harmony with others is important in many areas of our life and requires certain skills and states, including teamwork and balance. Social harmony allows us to achieve things we could never achieve alone. Inner Harmony is also important and is based on self-acceptance and grounded in a life lived by one's own values. Social harmony and personal harmony can be readily damaged by poor communication and intolerance.

New Exercise – The Communication game

Break – 20 minutes

Performance Preparation

Discuss with the group members what they feel most comfortable performing – do they have a favourite rhythm; would they like to do some improvisation or make up a rhythm of their own.

Develop a performance script on the white-board and practice

Play How you Feel – free expression on the drum over the top of a foundation rhythm – end with a fade to nothing.

Session Finish

Facilitators to ensure that appropriate opportunities exists for the performance and that the group members are comfortable with one of the options available