

# DRUMMING

- Have everyone sit in a circle and hold their drums.
- You are in the centre of the circle and are the “conductor” of the drumming experience
- You set the tempo and speed for the drumming. Slowly, quickly, .....very very quickly! Alternate speeds and modify the tempo up and down while your students follow you.
- Every once in a while, you can even freeze your hands so that the students know to stop drumming . . . and then start waving your hands suddenly and quickly!



## What is the benefit?

Drumming is a great way to help students release energy, as they get to bang something—which feels great for many people! This can be especially helpful as an activity before a task that requires their focused attention.



## Helpful tip

It helps to dim the lights for a calmer atmosphere. For children ages nine to eleven, you could have two or three conductors lead during each session for one minute each, every time you do the activity. And if you can see that a child clearly needs some extra support to release extra energy, consider choosing them to lead the drumming session as conductor.

# SQUEEZE AWAY

## What do you need to make it happen?

- Water
- a spray bottle for each student
- large roll of white paper
- washable finger paint (optional)
- masking tape (optional)



## How do you do it?

There are many variations on this activity:

- Freestyle watercolor painting
- Tape a long piece of paper on one side of an outdoor wall at the height of your students. The paper should be long enough for each student to have enough space and paper.
- Fill spray bottles with a mix of the finger paints and water.
- Then SPRAY! You and your students can create a wall of colour with pictures and designs.

## What's the benefit?

The spray-squeeze action actually takes a lot of physical energy, and it provides a great release. On top of it, kids find the sensation of spraying water to be super-fun!

## Helpful tips

Sometimes just working outside and listening to the wind and the rustle of the trees is just enough. However, if you feel the students need more of a container for the activity, you may wish to play music as a backdrop for this experience. It can provide further release, momentum, and energy towards the activity.