

Title of the activity : Shamanic drums

For who: 10+
Duration: 30 mn
Number of players: 15
Place: indoor/outdoor

Characteristics:
- cheap
- transportable

Type of game: music

Educational interest:
- team building
- reconciling the beat

Materials:
Shamanic drums and chopsticks

Goal :

- **team building**
- **reconciling the beat**
- **expressing myself in music**
- **calming and relaxation**

Method :

1. The group sits in a circle, in the middle there are some shamanic drums, each participant takes his drum and wand:
 - the lecturer begins to drum 4 x fast and the others have to play in harmony with him - after reconciling the rhythm the instructor will change the rhythm to 2x slowly.
2. Each participant drums his own rhythm and says his name – the whole circle has to repeat sound and name.
3. One of the participants starts a sound with the drum, the rest has to follow him one after each other so as to create a wave.
4. The lecturer separates the group in two halves:
 - the first half plays the drums in a «4x fast» rhythm
 - the second half has to play the «2x slowly» rhythm
5. One of the participants or the lecturer plays the drums 4 times, in the 4. strike the person next to him enters and will start to play also 4 times continuing like this around the circle one by one
6. Evaluation – carillon for expressing their feelings.

Link or picture :

ILTA

Shamanic drums – Czech republic