

ARTISTS ON TOUR STUDY GUIDE



PATSY MEYER MUSICAL ADVENTURES - Drum Circle Adventure

A Note from the Artist

Dear Educators,

Choose a one day adventure or a 4 day/week session with Beat the Odds! I'm a trained drum circle facilitator with training in the "Beat the Odds" drumming program. This program is designed to teach social-emotional skills delivered in a framework of drumming. We touch on the rules of the drum circle, respect for each participant, positive affirmations, and open communication. The program is most effective when participants are from a similar age group.

My passion and goal is to bring the many documented benefits of engagement in music (increased cognitive skills, active listening, self-expression, motor skills, to name a few), to children of all ages. Also, to support their growth and development through fun, uplifting musical experiences and curriculum.

Sincerely and Musically Yours,

Patsy Meyer



Artist Bio

Patsy Meyer is currently an “Artist on Tour” for the Cincinnati Arts Association providing a wide variety of exciting Music Adventures. Her goal is to bring the physical, cognitive, social and emotional benefits of music to children.

Previously, as a Teaching Artist for the Los Angeles Pacific Arts Center, she developed curriculum and taught music education in many LA schools. In 2009 she co-founded New Life Rhythms to provide opportunities for creativity, community, and wellness for all ages using a drum circle format.

Meyer is an Emmy nominated singer/songwriter, percussionist, recording artist, HealthRhythms trained drum circle facilitator, and music educator. She has three Emmy nominations in the Best Original Song category and has co-written more than 80 original songs for television. As vocalist/percussionist, she’s toured with Grammy winners Patti Austin, Peabo Bryson, Jeff Lorber and Norman Brown in major venues around the country including the Hollywood Bowl.

She currently appears as vocalist/percussionist in various Cincinnati area venues and shows and as guest percussionist for *Virtuosos de Cámara* chamber ensemble. Her original music is available online via Apple music, Spotify, YouTube, etc. For more info/performance dates: patsymeyer.com

Drum Circle Overview

Drumming:

- Learning the basic techniques of hand drumming
- Learning some basic rhythms and drum timbres
- Learning about some of the different types of drums
- Experiencing the sounds (timbre) the drums can make
- Exploring sounds of hand percussion instruments (*if more than one class)

Musical Terms:

- Beat & steady beat
- Rhythm & Echo Rhythms
- Dynamics (loud & soft)
- Tempo (how fast or slow our beat)
- Pitch (high, med or low sounds on our drums)

Skills/Knowledge:

- What is a Drum Circle?
- Leadership
- Creativity
- Listening & Focus
- Say it and play it rhythm game
- Self-control & motor movement

Drum Circle Site Words (depending on age/grade)

-Beat	-Play
-Bodhran	-Pitch
-Cajon	-Rest
-Circle	-Shaker
-Drum	-Silence
-Djembe (jem-bay)	-Slow
-Dynamics	-Soft
-Echo Rhythm	-Sound
-Facilitator	-Start
-Fast	-Stop
-Groove	-Timbre
-High	-Tempo
-Loud	-Tubano
-Low	-Rhythm
-Mallet	-Rumble

Drum Circle Overview

OPTION #2 DRUM CIRCLE: BEAT THE ODDS... Social Emotional learning inside the framework of drumming.

Beat the Odds Classes require minimum 3-8 sessions. See a 3 minute video about the program here.

<https://www.youtube.com/watch?v=WPT0ES8jiFc>

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What is Drum Circle?

A drum circle is any group of people playing hand-drums and percussion in a circle.

FACILITATED DRUM CIRCLES

- Drum circles are also used in education, therapy, wellness and corporate environments (as team- building) to bolster a sense of community, increase creativity and have fun. These events are usually privately organized.

WHAT IS THE PURPOSE OF A DRUM CIRCLE?

- A **drum circle** is a celebration of life, community, and music-making in the moment. Participants sit in a **circle** while playing **drums** and hand percussion, and join in creating a group rhythm. The **circle** is "moderated" by a facilitator who guides the group in rhythms and rhythm-based activities.
- A community drum circle in the United States is a noisy and fun, family friendly event, where all ages come together in order share their spirit by the act of celebrating community and life through rhythm and music.
- Everyone who participates has something to offer the circle, and any one is welcome. NO EXPERIENCE NEEDED. The spirit and magic of rhythm expressed on drums and percussion instruments cuts through all ages, sexes, religions, races and cultures. "Rhythm," as Gabriel Roth says, "is the mother tongue." Rhythm is a universal language known to every one.

7 Elements of Group Drumming

Stress-Reduction

HealthRHYTHMS (Group Composite Drumming) strengthened the immune system by increasing Natural Killer (NK) cell activity. (Bittman, Alternative Therapies, 2001) This protocol also reversed multiple components of the human stress response on the genomic level, not just reducing but reversing 19 genetic switches that turn on the stress response believed responsible in the development of common diseases. (Bittman, Medical Science Monitor, 2005)

Exercise

Drumming is an accessible exercise which burns calories and improves mood and may reduce the risk of disease. A Norwegian study of 25,000 women age 20-54 that performed leisure time exercises at least 4 hours/week experienced a 37% reduction in the risk of breast cancer. (Thune, Brenn, Lund, Gaard, 1997)

Self-Expression

HealthRHYTHMS Empowers people to move beyond their perceived boundaries.

Camaraderie/Support

A 1992 Duke University Study linked lengthened lifespan with having a close confidant. HealthRHYTHMS protocol builds camaraderie and support by creating a safe space where people feel comfortable sharing and offering support.

Nurturing

HealthRHYTHMS protocol creates a level playing field where support of growth and development is encouraged. As equal partners in this process participants often discover inner strength and encouragement by those sharing the experience.

Spirituality

HealthRHYTHMS is a group hand-drumming protocol. According to Jan Gregory, Adjunct Professor of Liturgy, Worship and Spirituality at Hartford Seminary, "Hand drumming is an ancient art that has been used in many cultures. The music of drums creates a conduit to the Divine. This is an opportunity to experience worship with our bodies as well as our minds".

Music-Making

Systematic inquiry into the relationship between music and brain function is one of the most rapidly developing fields of human research. "Music making offers extensive exercise for brain cells and their synapses (connections). It would be difficult to find another activity that engages so many of the brain's systems." (Weinberger, N., 1998)

Extended Learning

DRUM CIRCLE ADVENTURE: Extended learning activities (depending on grade)

Geography/History:

- Research how “talking drums” were used to send messages in west Africa and compare to Morse code.
- Explore the history of drumming and/or drum circles.
- Research the ways drumming is being used in the health and wellness field.

English/Writing/Creative writing:

- Research and write a short paragraph about one aspect of the history of drumming as related to a country.
- Write a fictional short story about a boy or girl who loves to drum. Use descriptive words to paint a picture of your character and where they live. Maybe describe their drum and the shape and color.
- Describe the many verbs we can use to describe how we play percussion instruments. (Ex. tap, hit, scrape, thud, bang, etc.)
- Write a short paragraph about a famous percussionist.
- Discuss Adverbs: play loudly or quietly VERSUS Adjectives: The drum is loud or quiet.

Science/Music:

- Explore and discover the science of sound and sound waves.
- Discover “Found Instruments” in your class: Explore as many different timbres as you can find in of your classroom. (Ex. Bottom of metal garbage can, desk top drumming, hitting a glass with a pencil, tap on a pipe, shaking container with paper clips, etc.)
- Compare and contrast high sounds and low sounds found in your classroom.

Extended Learning (cont.)

Music/Art

-Make your own instruments. Many options online for shakers, etc... (Ex. Decorate the bottom of inexpensive paper plates with crayons, paint or markers. Then folded in half and fill w/rice &/or popcorn. Staple then cover staples on edge with decorative tape. You may add ribbons hanging down, etc.)

-After you've made instruments play along to a song with a good steady beat like Oye Como Va Or another of your class favorite tunes.

