

# ARTISTS ON TOUR STUDY GUIDE



## PATSY MEYER MUSICAL ADVENTURES - World Percussion Adventure



# A Note from the Artist

Dear Educators,

I am a professional vocalist and percussionist. I'm also a trained drum circle facilitator with training in HealthRhythms and "Beat the Odds" drumming programs. In this class we will learn drum circle technique and protocol along with singing in other languages and learning rhythms from different countries (in the extended sessions.) The program is most effective when participants are from a similar age group and can attend more than one session if possible.

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, creative 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](http://patsymeyer.com)

# Lesson Plans

(4-6 week residency recommended)

## World Percussion and Drums:

- Learning about some of the world percussion drums & their country of origin (djembes, tubanos, bodhran, dumbek, conga & bongo drums, etc.)
- Experiencing the sounds (timbre) the drums can make
- Learning the basic techniques of hand drumming
- Exploring the sounds of other world percussion instruments

## World Songs/Singing:

- Funga Alafia (African American welcome song from Nigeria)
- Sarasponda (Dutch spinning song)
- Obwisana (a folk song from Ghana in West Africa)
- Oye Como Va (Latin American Puerto-Rican songwriter Tito Puente)
- Jigs from Ireland (a song and dance)
- Kiawa-te – Native American Drumming & more.....

## World Geography countries/continents:

Africa	Ghana	Nigeria
Brazil	Ireland	Puerto Rico
Cuba	Netherlands	Caribbean

## 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)
- Rest (silent beat)

## Skills:

- **Singing in other languages**
- Leadership
- Creativity
- Listening
- Focus
- Vocal skills
- Answers to questions to “grade” student learning & progress

# Lesson Plans (cont.)

## World Percussion Site Words (depending on age/grade)

- |                       |           |              |
|-----------------------|-----------|--------------|
| -Beat                 | -High     | -Sing        |
| -Bodhran              | -Ireland  | -Slow        |
| -Cajon                | -Loud     | -Soft        |
| -Clave                | -Low      | -Song        |
| -Cowbell              | -Mallet   | -Sound       |
| -Drum                 | -Music    | -Steady beat |
| -Djembe (jem-<br>bay) | -Notes    | -Start       |
| -Dumbek               | -Ostinato | -Stop        |
| -Dynamics             | -Play     | -Tambourine  |
| -Echo Rhythm          | -Pitch    | -Timbre      |
| -Fast                 | -Rest     | -Tempo       |
| -Frame drum           | -Shaker   | -Tubano      |
|                       | -Silence  | -Rhythm      |

# What is Drum Circle?

## WHAT IS A 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.

# 7 Elements of Group Drumming (cont.)

## **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

## **Geography/History:**

- Locate where the instruments we studied are from (continents or country)
- Find the country/continent on the world map
- Explore other music and dances originating from that country.
- Research how “talking drums” were used to send messages in west Africa and compare to Morse code.

## **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.)

## **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.