

Rhythmic Creativity and Activities for Camp:

Become a Better Leader and Create Programs That Engage Your Campers and Staff.

Tri-State Camp Conference, Atlantic City, NJ

Wednesday March 21, 2018 8:30- 9:30 am, Room 201

My intention with today's session is to help each attendee connect with their inner rhythm and develop confidence to lead activities on their own in whatever situations they might be in. I will share with you rhythm-based activities, as well as leadership techniques, with the hope that you will be inspired to use them in your own programs.

We will be learning together in an interactive experience. Attendees will have the opportunity to experience leading and participating in activities.

Techniques for Playing

Call & Echo- The leader plays a rhythm first and then every one plays the same rhythm back.

Call & Answer- The leader plays a rhythm first and then a different predetermined rhythm is played back.

Unison- When the group plays the same rhythm together.

Grouping- separating groups of individuals by a designated characteristic.

Layering- building sounds one at a time on top of an existing sound or rhythm.

Orbit- When a rhythm or beat is played one participant at a time, in order, around the circle.

Wave- When one sound is played, (such as a clap), and sent around the circle one participant at a time. It is different from an Orbit, in that the Wave is usually done as fast as possible to create a chain reaction.

Sample Body Percussion Ice Breaker Activity

Begin a **Call and Echo**, as a way to get the group into rhythm and listening to you. Ask them to stand and explain to them, "I am going to clap four times alone, and then I want the group to clap four times back to me".

The group echoes.

Clap four more times.

The group echoes.

Change the sound by stomping your feet four times.

The group echoes.

Snap fingers four times.

The group echoes.

Hit hands on thighs.

The group echoes.

Work with these four different sounds creating simple rhythms for the group to echo.

The goal of this exercise is that the group begins to play together, and that they are starting to follow your instruction.

Leadership and Group Management Techniques:

I-Statements: The technique of speaking using ownership of what you say. Use a clear and direct statement. "I want you to come in the room silently and sit down."

A statement like this is effective and direct and easier for participants to receive. A statement that is not as effective is something like, "Hey guys, come on in, take a seat".

Positive Narration: This is the concept of repeating the instruction several times and acknowledging the participants who are following the instruction. This gives the group several opportunities to hear the instruction as well as draws attention to the participants who have followed the instruction. It also creates a visual for others to see. It's the idea of emphasizing positive instead of negative.

Example:

Using an I-statement- → "I want you to sit on the carpet and be silent".

Start to acknowledge students following instruction- →

"Jeremy is sitting silently." "Rachel is sitting and being silent." "Now Jayden and Carly are sitting silently."

Proximity: the concept of moving yourself physically closer to a person or group as a way to get their attention without raising your voice.

Resources

www.Rhythmband.com- Online music store and distributor of boom whackers.

More Information and Contact

To stay connected and get additional resources,

Visit my website and enter this unique URL, I will update it and include a summary of today's session, you can also download a copy of this handout as a pdf file.

www.pathtorhythm.com/tscamp2018

Please contact me if I can be of any help:

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Rock On!