

# Drumming Up Resilience

## Intro to Circle Practice



### Outline of Circle Process

A drum circle follows the following general format. Interactive exercises using drums, percussion instruments or even clapping/stomping are used throughout.

1. Introduce circle facilitators
2. Opening ceremony
3. Introduce talking piece, centerpiece
4. Check-in/Introduction round
5. Values round(s)
6. Guiding questions round(s)
7. Agreement/Consensus round(s) and signing (if agreement needed)
8. Closing ceremony

### Circle Guidelines

Participants all **sit in a circle**, either in chairs or on the floor. A centerpiece rug or object occupies the centre of the circle and is a focal point for circle guidelines/values. It is important to ensure that there are **no physical barriers** between participants.

A **values round** in addition to introductions and a brief overview of ground rules helps to create guidelines for the circle. Guidelines are **adopted by consensus**.

When a participant receives the talking piece, they can choose to **pause**/think, **pass**/remain silent or **respond**. Both silence and response are valued in a circle.

### Elements of a Circle

**The Opening Ceremony** marks the beginning of the circle and helps participants to focus.

The **Circle Keeper** participates as a member of the circle, prepares the outline of the circle, leads the drum exercises, facilitates and moderates conversation and ensures that guidelines are adhered to.

A **Talking Piece** is passed from person to person during rounds and helps remind people to wait their turn before speaking. The talking piece also allows a person to speak at their own pace.

The **Centerpiece** helps to maintain focus on the shared values and guidelines of the circle. The centerpiece also helps to facilitate a feeling of inclusion, as it holds the group's shared values.

During the **Introductions Round** participants introduce themselves in relation to the purpose of the circle.

During the **Values Round** participants share values that reflect their best self. Recipe cards are used during values round. Values are placed on or around the centerpiece and agreed to by the group.

**Guiding Question Rounds** facilitate discussion on a deeper level, encourage people to speak from experience and include their feelings, and can lead to resolution/agreement in a conflict.

The **Closing Ceremony** can be a reading or drum exercise, reinforces positive gains made through the circle, and re-grounds participants before they leave.

# Three Basic Circle Exercises



These exercises can be done with drums or other percussion instruments, shakers, hands (clapping) or feet (stomping).

## Around the World

**Theme:** Team building and communication

**What You Need:** Drums, shakers, hands (clapping), feet (stomping) or voices to play one beat/sound.

Sit in a circle with instruments of choice.

**First Round:** Circle keeper plays first, then, starting on their left, each person in the circle plays one beat as quickly as they can. Do 2-3 rounds. Stop.

**Second Round:** This time, any person in the circle can play two beats on their turn. If they play two beats, the circle changes direction. Circle Keeper starts. Do 2-3 Rounds. Stop.

**Third Round:** Everyone in the circle closes their eyes. Do 2-3 rounds where the circle changes direction when a participant plays two beats.

**Close:** Discuss lessons about/the art of listening.

## Drum Yell

**Theme:** Stress and Tension Relief

**What You Need:** Drums, shakers, hands or feet to rumble with.

Sit in a circle with instruments of choice.

**First Round:** Think of something you would like more of in life. Rumble as a group for 10 seconds.

**Second Round:** Think of something you would like less of in life. Rumble for 10 seconds. Use voices to yell, sing, make noise and relieve the tension.

**Third Round:** Think of something you would like for someone else – a program participant, team member, family member, society. Rumble for 10 seconds.

**End** by breathing in deeply for four seconds. Exhaling with “Ummmmmmmm”. Repeat four times.

## Give, Take, Shake Shake Shake

**Theme:** Teamwork and communication

**What You Need:** Shakers

Stand in a circle. Each participant should hold a shaker in their right hand. Each participant should hold their left hand up and open, ready to receive a shaker from the person on their left. Shakers are passed from one person to the next while saying Give, Take, Shake Shake Shake.

**Give:** Pass the shaker in your right hand to the person on your right and receive one from the person on your left.

**Take:** Take the shaker from your left hand into your right hand.

**Shake Shake Shake:** shake the shaker in your right hand three times.

**Continue** until people begin to lose their shakers!



## Learn more:

Remo HealthRhythms: <http://remo.com/experience/post/healthrhythms/>

Circles of Rhythm: <http://www.circlesofrhythm.com/blog/healing-drum-rhythm-training/>

Rhythm Project: Integrated drumming in use with Alberta Health Services addictions and mental health programs. <http://www.albertahealthservices.ca/Blogs/PFH/Posting369.aspx#.WTbW2uvyvDB>

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