

Baseline Your Wellbeing & Drum Skills

Before starting, take a moment to assess your wellbeing and drum skills.

Use the Groove Assessment Questionnaire available on our [Resources](#) page

We encourage honest self-reflection rather than overthinking responses.

Practice Structure

Each week: Aim to complete three 30-minute sessions using the following structure.

- **Warm-up** (5 min) – Light stretching, body tapping, or drum along to a slow song.
- **Main Activity** (20 min) – Focus on the week's drumming challenge.
- **Cool-down** (5 min) – Reflection, mindfulness, or free play.

WEEK 1 – FINDING YOUR RHYTHM

Session Breakdown:

- **Session 1:** Body percussion – tap rhythms on your lap, chest, and clap. Experiment with different speeds.
- **Session 2:** Try basic drumming with a practice pad or any surface. Play along to a simple song with a steady beat.
- **Session 3:** Free play – improvise and explore different sounds.

Bonus Activity: Research a famous drummer and how they developed their style.

WEEK 2 – BUILDING CONSISTENCY

Session Breakdown:

- **Session 1:** Tap along to a song using one hand, then add the other hand.
- **Session 2:** Practice drumming along with a metronome (or clap to a slow ticking clock).
- **Session 3:** Try repeating a rhythm pattern for one full minute without stopping.

Bonus Activity: Learn about a research study that highlights the mental health benefits of drumming.

WEEK 3 – COORDINATION CHALLENGE

Session Breakdown:

- **Session 1:** Tap alternating hands (R-L-R-L) while stepping in time.
- **Session 2:** Play along with a simple beat on a drum pad or cushion.
- **Session 3:** Try playing rhythms with a friend or family member – take turns leading.

Bonus Activity: Explore how drumming is used in different cultures for healing and connection.

WEEK 4 – MEMORY & MINDFULNESS

Session Breakdown:

- **Session 1:** Listen to a song and try clapping the rhythm from memory.
- **Session 2:** Practice a short pattern, close your eyes, and see if you can keep it steady.
- **Session 3:** Play along to relaxing drumming music while focusing on your breathing.

Bonus Activity: Research how mindfulness and drumming can improve focus.

WEEK 5 – EXPRESS YOURSELF

Session Breakdown:

- **Session 1:** Experiment with different drumming dynamics (soft vs. loud, slow vs. fast).
- **Session 2:** Create a short rhythm pattern and repeat it like a mantra.
- **Session 3:** Play along with a song, adding your own creative flourishes.

Bonus Activity: Find a famous drummer known for their unique style and listen to their work.

WEEK 6 – JAM & CONNECT

Session Breakdown:

- **Session 1:** Play along with a favourite song, keeping a steady beat.
- **Session 2:** Try “call and response” – record yourself drumming, then mimic it back.
- **Session 3:** Play freely and have fun experimenting!

Bonus Activity: Research the role of rhythm in social bonding and group drumming.

WEEK 7 – PUSHING YOUR LIMITS

Session Breakdown:

- **Session 1:** Try drumming with both hands while tapping your foot.
- **Session 2:** Play a rhythm pattern at different speeds.
- **Session 3:** Drumming endurance – play continuously for two minutes.

Bonus Activity: Read about a study on how drumming enhances brain plasticity.

WEEK 8 – CELEBRATE & REFLECT

Session Breakdown:

- **Session 1:** Play your favourite drumming exercises from the past 8 weeks.
- **Session 2:** Free play – create your own rhythm and express yourself.
- **Session 3:** Reflect – What did you enjoy the most? How do you feel?

Bonus Activity: Complete the wellbeing scale again and compare your scores!

Final Reflection

Take a moment to celebrate your progress. Whether you continue drumming or just use rhythm as a tool for wellbeing, you've taken an important step in exploring music's impact on brain health. Keep going!