



Quick Start Guide for Better Connection

Purpose

Build connection, confidence, and emotional release through shared rhythm experiences.

Why It Works

Group drumming synchronises movement and emotion. It releases dopamine and oxytocin, the chemicals linked with trust, joy and belonging, while engaging cognitive and motor regions of the brain.

How to Get Started

1. Set Up Your Space

- Choose an open space (indoor or outdoor).
- Arrange chairs in a circle to promote inclusion and eye contact.
- Bring drums, shakers, or any household percussion (buckets, tins, tables).

2. Start Simple

- Begin with a steady pulse, clapping or tapping a single beat together.
- Encourage everyone to *listen* before playing.

3. Introduce Call and Response

- The leader plays a short rhythm (the “call”).
- The group repeats it (the “response”).
- Start with 2–4 beat phrases, then vary the dynamics (louder, softer, faster, slower).
- Rotate leadership so everyone gets a turn.

4. Creativity & Reflection

- Layer rhythms by dividing the group: one keeps the base pulse, others add accents.
- Include body percussion or vocal sounds (“hey!”, “ba!”) for fun and engagement.
- End with a minute of silence or soft pulse to let the group’s rhythm settle.
- Invite participants to share how it felt.

Tips

- Keep it playful, there are no mistakes, only variations.
- 20–30 minutes is enough for most sessions.