

RHYTHMRiSE

presents



**You-
Make-
It!**

**Djembe &
Bowl Style
Drums**

**How-To
Guidebook**

**For Crafty & Caring
Community
Volunteers**

Table of contents

p. 3-7

**Overview/
The what**

p. 35

**Making
drumhead**

p. 8

**Thera-
peutic
benefits**

p. 23-24

**Selecting
drum body
materials**

p. 36

Using trim

p. 9-16

**Drum
adapptions**

p. 25-27

**Selecting
drumhead
materials**

p. 37-39

Decorating

p.17-19

**Drum
style
choices**

p. 28-31

**Selecting
trim**

p. 40

**Sample
costs**

p. 20-22

**Materials
needed**

p. 32-34

**Making
drum
body**

p. 41

**Engaging
Com-
munity**

This entire presentation in one slide:

**Making drums is an
easy & inexpensive
way to provide
under-resourced
schools with drums
for fun & healing
student drum
circles!**

**Stretch a balloon
over the opening
of a flower pot;
secure with tape
and ribbon;
decorate!**

**Repeat 30x
(solo or with
community) &
donate!**

the more detailed version:

**this guide is
comprehensive**

**once you know
how to do it,
making drums is
fast, easy,
inexpensive,
& fun**

we promise



Djembe "JEM-bae"

**What style
of drum
are we
making?**



& Djembe "Bowl"

**Key
instrument
in many
West African
musical
traditions**

**Held
between legs**

**Played with
bare hands
to produce
a variety
of rhythms**

**Known for rich,
deep bass tones
& sharp high-
pitched sounds**

Why make drums instead of buy drums?

**More bang
for the buck!**

**Make MANY
drums
for same cost
of buying
ONE drum**

**Exploring
creativity!**

**The fun & zen
of getting
crafty!**

**Community
Engagement!**

**Joining
together
for positive
common
purpose!**

Why are we making all these drums?

**To donate to
resource-limited schools
& community centers
where students may face
systemic,
socioeconomic-related
adversity**

**So that all students
can experience
the joy
& therapeutic effects
of drum circles!**

What are the therapeutic benefits of drum circles?

**impulse
control**

**routine
& structure**

creativity

**emotional
expression**

**energy
release**

**goal setting
& achieving**

**focus &
concentration**

**self-
regulation**

**motor
skills**

**fun &
enjoyment**

**stress
relief**

**confidence
& self-esteem**

**team-
work**

**cultural
awareness**

**reduced
performance
anxiety**

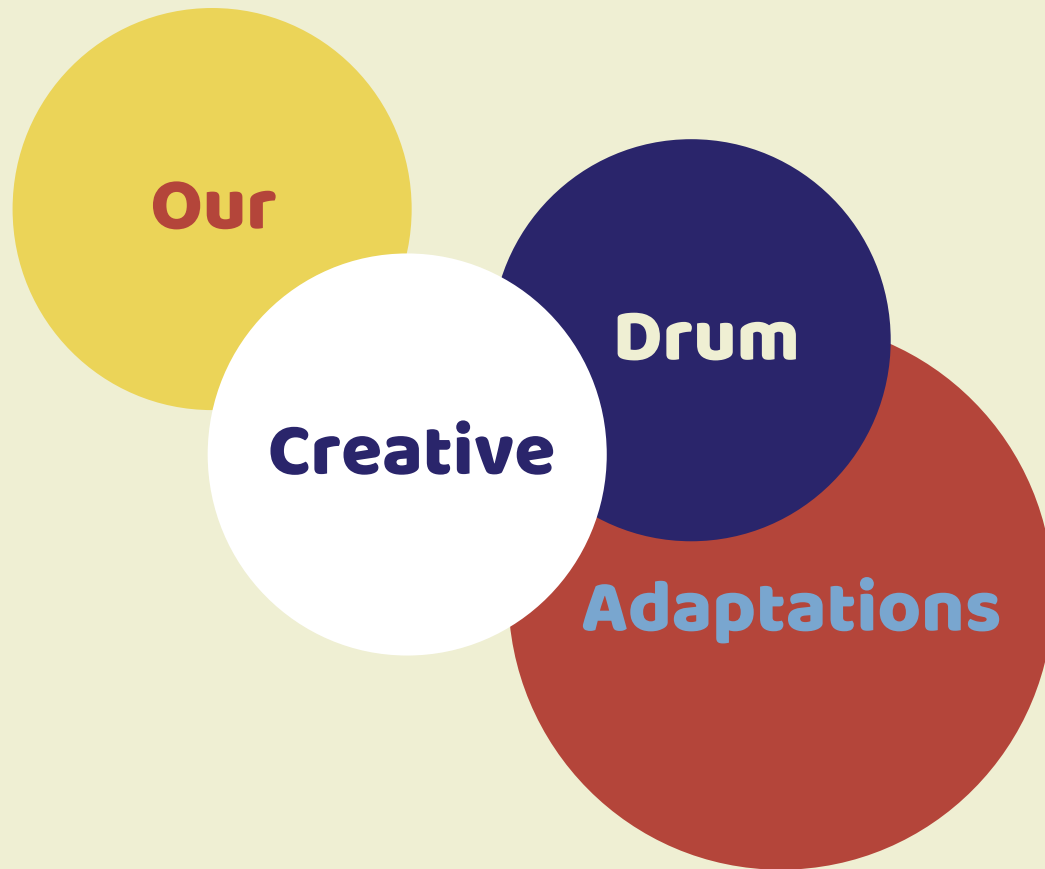
**cognitive
developent**

**coord-
ination**

**listening
skills**

**non-verbal
communication**

**sensory
processing**

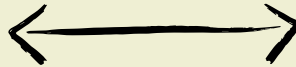


Purchased drum

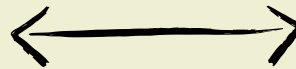


Style 1: Djembe

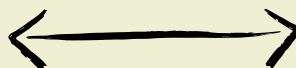
Drumhead



**Top of
Body:
"Bowl"**



**Bottom of
Body:
"Trumpet"**



Made drum!

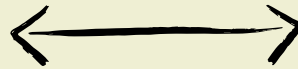


Purchased drum

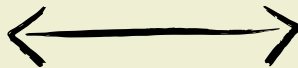


Style 2: Bowl

Drumhead



**Body:
"Bowl"**



Made drum!



Drumhead (top surface)

**Traditionally made
with goatskin**



**Ours made with
latex balloon**



(& sometimes also paper plate)

Body

**Traditionally hand-carved
from a single piece of wood
for singular, hollow body**



(flowerpots!)



**Ours made from planters!
"Bowl" right-side-up
"Trumpet" upside down**



**(Or just use the top planter
to make a djembe "bowl")**

Open bottom

**Hollow body & open bottom
helps amplify drumhead sound**



**Hollow body & open drain plug
at bottom of planter
may amplify drumhead sound**



(Opening drainage hole is optional)

Rope lacing

**Traditionally uses ropes
to tighten/tune drumhead**



**Ours uses white duct tape
covered by decorative trim
to help protect
& keep drumhead tight**



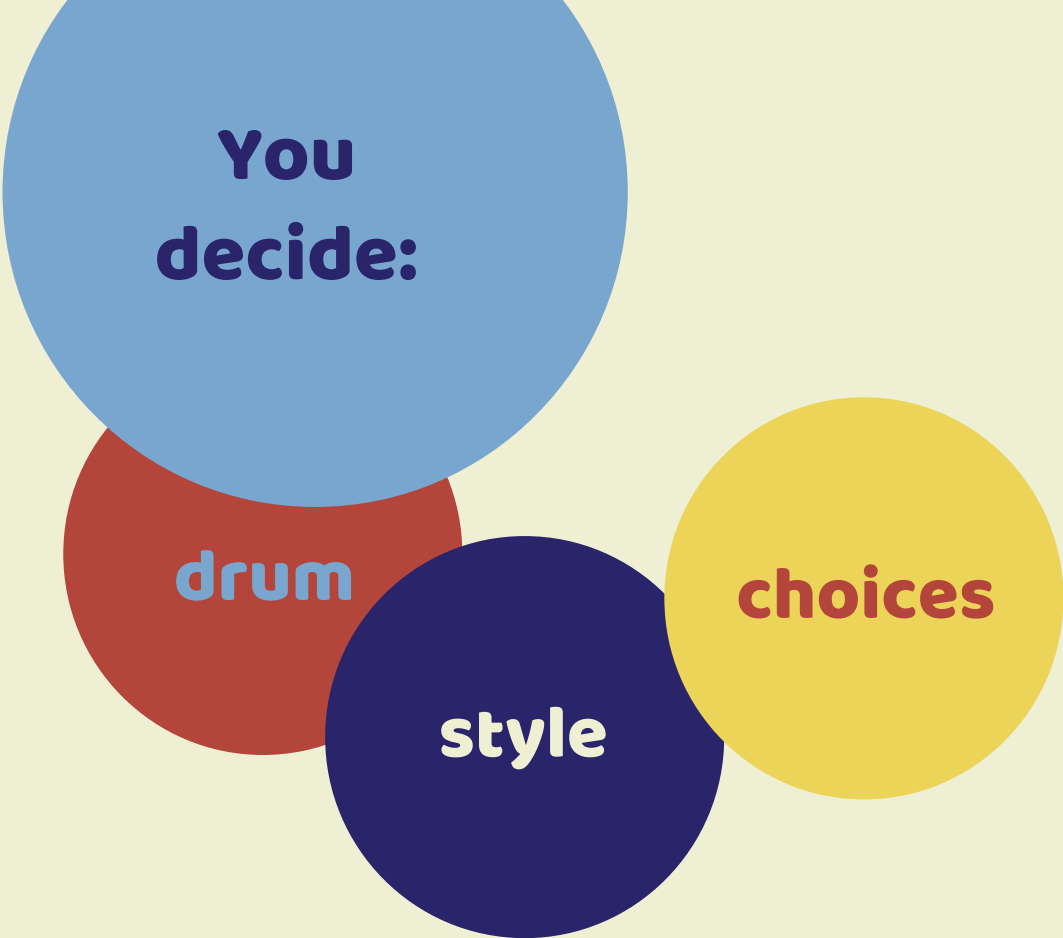
Adornments

**Traditionally hand-carved
Sometimes hand-painted**



**Ours is decorated with crafts
like trim & paint markers!**





**You
decide:**

drum

style

choices

**Choose
your drum
style**

Djembe-style hand drum



- ✓ **More impressive physically & aesthetically**
- ✓ **Slightly deeper, bolder sound**
- ✓ **Hold between legs or under arm**

Bowl-style hand drum



- ✓ **Easier & faster to make**
- ✓ **No tools required**
- ✓ **Costs less to make**
- ✓ **Uses less storage space**

Or make both!

**Choose
your drum
size**

**8"
(width across top)***



- ✓ **Appropriate & comfortable for all (except little kids)**
- ✓ **Wide enough for adult hand**

***may vary to 8.25"**

**6"
(width across top)**



- ✓ **Appropriate & comfortable for little kids (K-2)**
- ✓ **Costs less to make**
- ✓ **Takes up less storage space**

Or make both!



Materials needed



"bowl" - style

1 planter



sharp scissors



white duct tape



**ruler or
measuring tape
(or can eyeball)**



**1 balloon
& 1 paper plate**



OR: 2 balloons



OR: 1 balloon



(for 6" version: Only 1 balloon needed!)

trim



**acrylic paint
markers**



Materials needed



djembe - style

ALL the same materials from "bowl" style are needed, PLUS....

A second planter (two total)



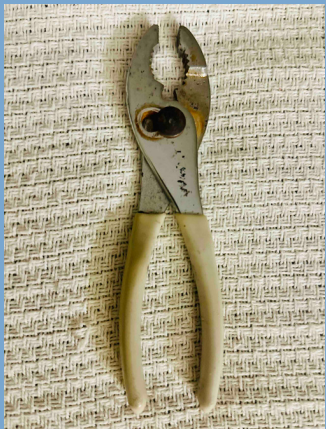
Drill



Drill bits



Pliers



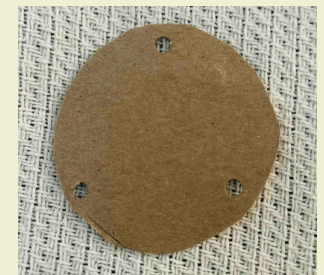
Philips head screwdriver



3 1/2 inch machine screws, nuts, and washers



cardboard cutout that matches bottom of planter with 3 evenly-spaced holes along rim



What to look for in planters?

- **Rim/lip around top**
Harder to find but must have
Balloon gets pulled down around/under it,
to help hold the balloon in place
- **Sturdy plastic**
Not heavy or breakable
(No ceramic or clay, etc)
Not flimsy
(No easy-to-crush-cheap plastic)
- **Slight “V” shape**
Top circumference bigger
than bottom circumference



HC Companies Carribean Planter
via Amazon



Jacinto Recycled Plastic Planter
via Walmart

Purchasing planters like a pro:



**1. Shop around
(online, retailers,
dollar stores)**

**Seek out options
to buy in bulk**

**2. Keep checking
for seasonal
sales!**

**Different colors
can be different
prices**

**3. Research
brand & model #
online
Find contact
info
Find where they
sell to
distributors or
brick & mortar
stores**

**4. Call brand
manufacturer**

**Explain drum
purpose & ask if
they will sell to you
at cost (Worth a try!)**

**5. Contact
distributor**

**Explain drum
purpose & ask if
they will sell to
you at cost (Worth
a try!)**

**6. If distributor
can only sell to
brick & mortars,
ask for nearby
stores that carry
the model (ie local
florists)**

**7. Call those
stores, explain
drum purpose,
& ask if they will
place a bulk order
for you at cost
(no mark-up)
Often they can!**

Drumhead: Choose your style!

(Choice only for 8" drums. 6" drums use 1 balloon.)

1 balloon & 1 paper plate



- ✓ Paper plate adds protective layer under balloon
- ✓ Louder but less nuanced sound
- ✓ More "smack" feeling for hand
- ✓ Costs approx \$1.15
- ✓ Adds 1 second to drum-making

2 balloons



- ✓ Second balloon adds protective layer
- ✓ Quieter but more nuanced sound
- ✓ More "bounce" feeling for hand
- ✓ Costs approx \$2
- ✓ Adds 2 minutes to drum-making

1 balloon



- ✓ Less protected drumhead
- ✓ Vibration to sound
- ✓ Most "bounce" feeling for hand
- ✓ Costs approx \$1
- ✓ Takes least time

Choose one style per classroom served, so sound & feel is consistent

Choosing & purchasing balloons

1. Material:

Latex (natural rubber from sap of rubber trees)

Latex is stretchy, whereas Mylar (foil) and plastic balloons are not

2. Color:

White / off-white color (to look more authentic)

Or go colorful for fun!

3. Quality:

Seek out Premium latex balloon quality

(cheap options are too thin and may rip or pop when stretched or hit too hard)

4. Size:

For 8" drumhead: 36" is perfect (24" is too small)

For 6" drumhead: 18" is perfect

5. Supplier

We've had the best success on Amazon (ex search: 36" giant white balloons)

6. Cost

Bulk order is most cost-effective

approx \$.38 per 18" balloon

approx \$1.00 per 36" balloon



Choosing paper plates

**(For 8" not 6")
(Optional)**

1. Material:

**We use paper
plates -
but could
experiment with
plastic!**

2. Color:

**Doesn't matter -
it won't be seen
(balloon goes
over plate)**

3. Quality:

**Not too flimsy -
needs to
withstand
beating!**

4. Size:

**Trial & error,
pending planter
circumference.**

**Bring planter
with you to
grocery store &
see what fits!**

4. Orientation

Face up, typically

**Can experiment
with plate upside-
down for a
different drum
sound & feeling**

5. Note for 6" drums:

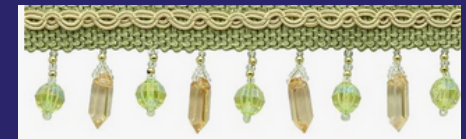
**Small drums (6")
do not need a
plate**

**Plates are only
for large drums
(8")**





Choosing trim



we recommend:

- ✓ **soft, not stiff, so it wraps easily & ties easily**
- ✓ **soft tassel or pom-poms as part of trim adds a nice touch**
- ✓ **plentiful fringe that fully covers balloon & tape underneath**
- ✓ **gender neutral and/or multiple colorful options**
- ✓ **for 8" drum:
ideal width of 1.75" - 2.5"
to cover balloon that is pulled down around drum body**
- ✓ **for 6" drum:
ideal width 1.25" -1.50"**

don't recommend:

- ✗ **stiff material
like ribbon or gold material**
- ✗ **anything hard attached -
it bangs loudly against
drum body & is uncomfortable
when holding drum between legs**
- ✗ **sparse fringe that reveals balloon
& tape underneath**
- ✗ **not gender neutral / only one trim
option**
- ✗ **for 8" drum:
less than 1.75" - too much of
balloon shows out from under it**
- ✗ **for 6: drum:
under 1.25" = a bit narrow
over 1.50" = a bit wide**

Trim we recommend

(or have fun selecting your own!)

be mindful of
of yards
for the \$



for 8" drum

Amazon search bar:

**Fringe Lace Trim Polyester Braided Ribbon
5 Yards 70mm Wide Lace Trim for Sewing Crafts
Clothing Curtains Accessories Lampshade Home
DIY Decoration (Beige Green Mixed, 70mm Wide)**



for 8" drum

Amazon search bar:

**10 Yards of 45mm (1.77 Inches) Vintage
Knotted Cotton Fringe Tassel Trim. Boho -
Style Fringe Trim, Sewing Fringe for Curtains,
Carpets, and for Creating Other handicrafts
(Red/Yellow/Blue)**



for 8" drum

Amazon search bar:

**10 Yards Fringe Tassel Trim 2.3-Inch Wide Boho
Long Beige Lace Cotton Trimming
for Clothes Curtains Dress Sewing Crafts**



for 6" drum

Amazon search bar:

**11 Yard Cotton Tassels Boho Fringe Trim
Trimmings Sewing Accessories Hand Knitting for
DIY Curtains Clothes Pillow Home Decoration**

Amount of trim needed per drum type

8" djembe

Top:
→
30 inches
(.83 yards)



Middle:
←
20 inches
.55 yard)

Total: 50 inches / 1.38 yards

8" bowl

Top:
→
30 inches
(.83 yards)



Top:
→
18 inches
(1/2 yard)



Middle:
←
12 inches
(1/3 yard)

Total: 30 inches / .83 yards

6" bowl

Top:
→
18 inches
(1/2 yard)



Trim needed for multiple drums

	8" djembe	6" djembe	8" bowl	6" bowl
1 drum	1.4 yards 50 inches	0.85 yards 30 inches	0.85 yards 30 inches	0.5 yard 18 inches
5 drum	7 yards 250 inches	4.25 yards 150 inches	4.25 yards 150 inches	2.5 yards 90 inches
10 drum	14 yards 500 inches	8.5 yards 300 inches	8.5 yards 300 inches	5 yards 180 inches
20 drum	27.75 yards 1000 inches	17 yards 600 inches	17 yards 600 inches	10 yards 360 inches
30 drum	41.5 yards 1500 inches	25.5 yards 900 inches	25 yards 900 inches	15 yards 540 inches



Making drum body

**Bowl-style
6" & 8"**

**1. Use pliers
or fingers
to pull out
rubber stopper
in bottom
of planters
(optional)**

2. There is no step 2

Ta-da!

Making drum body

Djembe - style
6" & 8"

**Connecting
2 planters
to make
1 drum body**

**Download PDF
for clickable
2-minute
video on how to
make djembe**



WATCH HOW-TO VIDEO!!

- 1. Clear space**
- 2. Use pliers to pull out rubber stopper in bottom of two planters (if stoppers are present & stick out)**

- 3. Make cardboard cutout to mark 3 spots to drill holes evenly around the bottom of each planter**

- 4. Drill* the 3 holes, first on one planter & then on the other**
***Adults only or with adult supervision**

- 5. Press the bottoms of two planters together, aligning holes**

- 6. Use screwdriver & pliers to insert & tighten screws, nuts, & washers**

Ta-da!

Making drum- head

1. Place balloon on hard, flat surface

**2. For 6" drum:
Approximate or trace
1.5" circle onto middle
of 18" balloon**

**For 8" drum:
Approximate or trace
2" circle onto middle
of 36" balloon**

**3. Separate top
balloon layer from
bottom layer
by blowing small
breath of air**

**4. Cut circle using
sharp scissors**

**Top balloon layer
only! Not all the
way through
balloon**



**5. This step for 8"
drum only: Place
paper plate right
side up,
flat atop planter
opening**



**6. Flip balloon so
opening is on bottom**

**7. Gently stretch
balloon over top of
planter opening (over
paper plate for 8")**



**8. Carefully
pull all the way on all
sides & down under
planter rim. Tight as
possible! (Ok that
balloon sticks out
from side of rim)**



**9. Take end of
balloon, twist very
tightly all the way to
top, & stick under**



**10. For 8" drum, as an
alternative to Step 5, a
2nd balloon can be used**

**11. Secure balloon with
white duct tape,
adhesing balloon to
planter**



Decorating with trim



Trim protects

**Trim protects from students
pulling & breaking balloons**

**This is essential for keeping
drumhead tight**

**Trim also looks great and helps
hide the white balloon & white
duct tape underneath**

**Be sure to roll up excess balloon
on sides so it doesn't stick out
beneath the trim**

**Be sure white duct tape doesn't
stick out beneath the trim**

Trim tying

**Pull trim as tightly as possible
around top sides of drum body
(over balloon)**

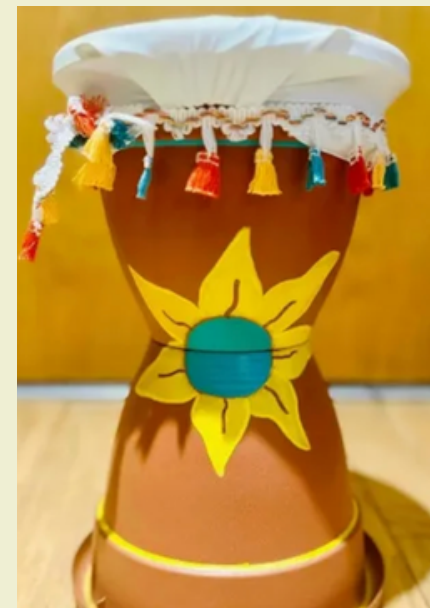
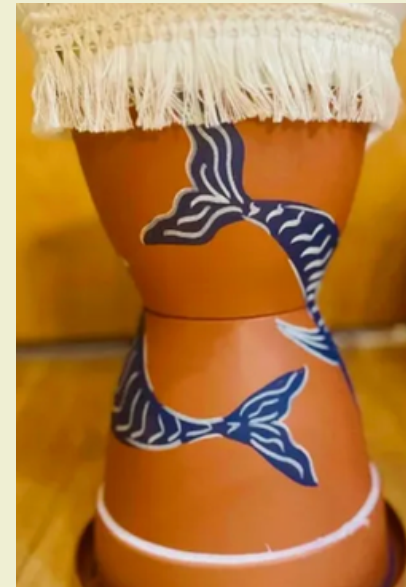
**Tie ends in tight double knot,
leaving ends to dangle**

**And/or use hot glue gun
to adhere ribbon to planter.
Regular glue does not stick to
plastic planters - trust us!**

Decorating drums

Use your
creativity!

Have fun
& get crafty!



Decorating drum - acrylic paint markers



**Acrylic Paint Markers
work great on plastic planters!**

We like to use ones with brush tips

Use two coats for best results

**Paint markers can smudge!
Be careful with clothes
& hands**

**Let design set in
(ideally at least 48 hours)**

**Lightly finish with two coats of a clear
acrylic sealer like Mod Podge spray**

**Spray outdoors for ventilation
(adults only!)**

**Sealer prevents smudging that
otherwise will happen
as instrument is
held & played (trust us!)**



**Please write
on bottom of each drum,
in permanent acrylic paint marker:**



**This marks each drum
as part of the RhythmRise
community & is a touchpoint
for communication**

Sample: Cost per made-drum

by contrast, least expensive
bought djembe is \$30!

	8" djembe	8" bowl	6" djembe	6" bowl
Planter(s) (Amazon)	\$5.23 x 2 = \$10.46 (4-pack for 20.93)	\$5.23 (4-pack for 20.93)	\$4.23 x2 = \$8.46 (4-pack for \$16.90)	\$4.23 (4-pack for \$16.90)
Planter(s) (wholesale)	\$2.77 x 2 = \$5.55 (72 for \$200)	\$2.77 (72 for \$200)	\$1.94 x 2 = \$3.88 (72 for \$140)	\$1.94 (72 for \$140)
Latex Balloon	\$1.15 (6 for \$6.90)	\$1.15 (6 for \$6.90)	\$0.42 (24-pack for \$10)	\$0.42 (24-pack for \$10)
Paper Plate	\$0.10 (100-pack for \$10)	\$0.10 (100-pack for \$10)	n/a	n/a
Trim	\$1.38 (if 1 yd = \$1)	\$.83 (if 1 yd = \$1)	\$.83 (if 1 yd = \$1)	\$.50 (if 1 yd = \$1)
White Tape	\$0.10 (1 roll = \$10)	\$0.10 (1 roll = \$10)	\$0.10 (1 roll = \$10)	\$0.10 (1 roll = \$10)
Acrylic Paint Markers	\$0.10 (1 set = \$12)	\$0.10 (1 set = \$12)	\$0.10 (1 set = \$12)	\$0.10 (1 set = \$12)
Acrylic Sealer Spray	\$0.20 (1 can = \$12)	\$0.20 (1 can = \$12)	\$0.20 (1 can = \$12)	\$0.20 (1 can = \$12)
Total Amazon planter(s)	3.49	\$7.71	\$10.11	\$5.55
Total wholesale planter(s)	\$8.58	\$5.25	\$5.93	\$2.86

**Partner with
communities &
event spaces
for organized
drum-making
activities!**

**Get-
togethers**

**Family
events**

Schools

**Retire-
ment
homes**

Libraries

**Community
centers**

**Youth
groups**

Camps

**Parents
night out
function**

**Fairs &
Festivals**

**Wine &
cheese
(adult)**

**Senior
centers**

**Parent-&-
me
functions**

**Volunteer
centers**

**Arts &
crafts
spaces**

**Rec
centers**

**Music
schools**

Clubs

**Faith-
based
orgs**

Thank you!

Have questions? Need help?
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