

RHYTHMRiSE

presents



**You-
Make-
It!**

**Djembe-
Style
Drums**

**How-To
Guidebook**

**For Crafty & Caring
Community
Volunteers**

**note:
this guidbook is
WIP
as of 4/25**

h

intro

**this guide is
comprehensive**

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

we promise

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Why are we making all these drums?

**To donate to
resource-limited schools
& community centers**

**where students face
systemic,
poverty-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**

**self-
regulation**

**focus &
concentration**

**goal setting
& achieving**

**motor
skills**

**fun &
enjoyment**

**stress
relief**

**confidence
& self-esteem**

**team-
work**

**reduced
performance
anxiety**

**cultural
awareness**

**cognitive
development**

**coord-
ination**

**listening
skills**

**non-verbal
communication**

**sensory
processing**

Brain benefits

Dopamine Release

- Creates feelings of pleasure & reward

Serotonin Boost

- Enhances mood & happiness

Endorphin Release

- Reduces pain and makes kids feel good

Cortisol Reduction

- Lowers stress levels

Oxytocin Increase

- Promotes bonding & trust among peers

Improved Brain Connectivity

- Helps different parts of brain communicate better

Enhanced Neuroplasticity

- Supports brain's ability to learn & adapt

Alpha Wave Production

- Promotes relaxation & calm focus

Memory Enhancement



Djembe "JEM-bae"

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

**&
Djembe
"Bowl"**

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

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

**Held
between legs**

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

Traditional djembe main parts

Top of Body:
"Bowl"

Bottom
of Body:
"Trumpet"

Drumhead

Tension Ropes



We create our own
modified versions...

Purchased drum



Made drum!



Option1: Djembe-Style

Why make drums instead of buy drums?

**More bang
for the buck!**

**Make 2-10 drums
for same cost
of buying
1 drum!**

**Exploring
creativity!**

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

**Community
Engagement!**

**People coming
together
for positive
common
purpose!**



Purchased drum



Made drum!



Option 2: Bowl-Style

Body (Shell)

**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”)**

Drumhead (top surface)

**Traditionally made
with goatskin**



**Ours made with
latex balloon**



(& sometimes also paper plate)

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**

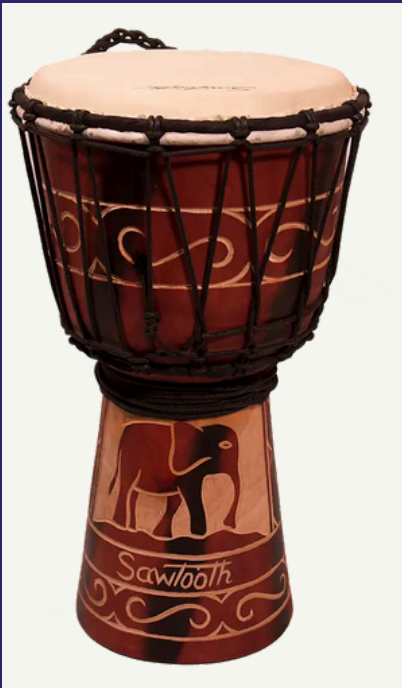


**Ours has decorative trim
to help protect
& keep drumhead tight**



Adornments

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



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





You decide:

drum

style

choices

**Choose
your drum
style**

Djembe-style hand drum



- ✓ **More authentic**
- ✓ **More impressive physically & aesthetically**
- ✓ **Slightly deeper, bolder sound**
- ✓ **Slightly more comfortable to hold between legs**

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)***

**6"
(width across top)***



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

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

***actual width 8.25"**

Or make both!

1 balloon & 1 paper plate



**Choose your
drumhead
style
(8" only)**

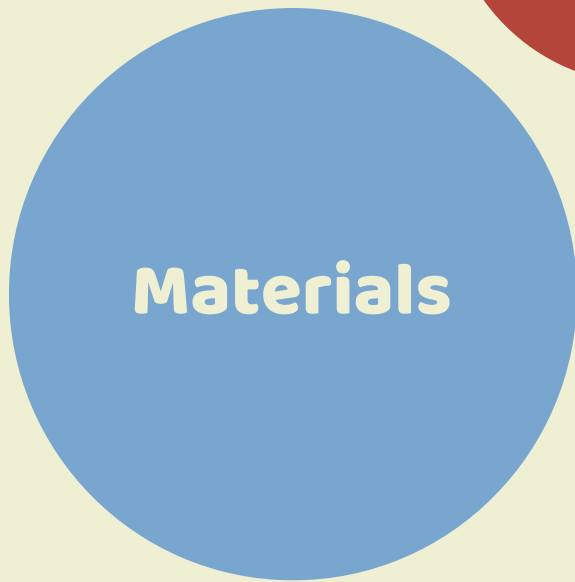
2 balloons



- ✓ Paper plate adds protective, secure layer under balloon top
- ✓ Makes louder but less nuanced sound
- ✓ More "smack" feeling for hand (up to personal preference)
- ✓ Very inexpensive (\$.15-ish)
- ✓ Adds 1 second to drum-making

- ✓ Second balloon adds protective layer under balloon top
- ✓ Makes softer but more nuanced sound
- ✓ More "bounce" feeling for hand (up to personal preference)
- ✓ More expensive (\$1-ish per balloon)
- ✓ Adds 2 minutes to drum-making

**Choose one drumhead type
per classroom served;
so sound & feel is consistent**



Materials needed



"bowl" - style

1 planter



sharp scissors



permanent marker



ruler or
measuring tape



1 balloon &
1 paper plate
(preferred)

-OR-

may
substitute with
2 balloons



trim



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

Materials needed



djembe - style

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

**A second planter
(so there will be
two total)**

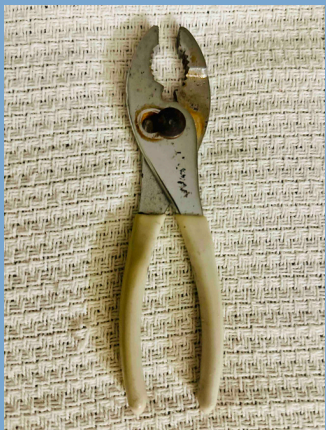


Drill



**3.
2.25-inch drill bit
hole saw????**

Pliers



**Phillips 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**

Choosing planters:



1. Material:

**Plastic,
such as
polypropylene**

**(Not clay or
ceramic, which
are breakable)**

2. Design:

**Substantial lip
along top edge
(for latex material
to pull & wrap
under)**

**Ideally, also another
ridge (see image),
helping to stretch
& hold latex**

3. Weight

**Lightweight
but sturdy;
not flimsy**

**Strong enough
not to crush
when held
between knees;
and to endure
children playing!**

4. Appearance:

**Attractive
(reasonably
enough)**

**Consider color
options based
on best value**

5. Shape:

**Round (rather
than square)**

**Decreasing
circumference
from top to
bottom (rather
than cylindrical)**

6. Size:

**Ideal width across
top is 8" for all age
groups**

**(Can be 6" for little
kids, or 10" for older
but be mindful that
impacts drumhead
sizes, too)**

7. Bottom:

**Water hole(s) at
the bottom (the
more open, the
better)**

**One larger hole is
better than
several tiny holes**

Purchasing planters:



**1. Shop around
for best options
at
best prices**

**Seek out options
to buy in bulk**

**2. Consider end-
of-season sales
& off-season for
cheaper costs**

**Consider some
colors cost less
than others
(often clay
color)**

**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!**

Our recommended planters

● Name: Caribbean Planters

- Manufacturer: The HC Companies
- <https://hc-companies.com/plant-pots/caribbean-planter/>
- Size: 8.25"D x 8.25"W x 6.75"H aka "8-inch"
- SKU #: CNA08000

● Why we recommend it:

The rim, extra wrap-around ridge, hole in the bottom, size, shape, weight, appearance, & reasonable price



Where to buy planters?

Our path to purchasing (retail)

- Identified the perfect planter online via Amazon

- Amazon search bar:
“The HC Companies 8 inch caribbean planter”

The HC Companies Caribbean Planter Pot - Outdoor & Indoor Plant Pot with Drainage Hole & Plug - Rolled Rim Plastic Pots for Plants & Flowers - Decorative Plant Pot (8" Clay, Pack of 4)



- Purchased several:
Easy, convenient, fast,
& multiple color options
- But surely a less expensive option
could be found somewhere...

Where to buy planters?

Our path to purchasing (wholesale)

- Looked up HC Companies online:
<https://hc-companies.com/plant-pots/caribbean-planter/>
Found item & noted SKU #: CNA08000
- Found their distributor list:
<https://hc-companies.com/distributors/>
- Looked up distributor (wholesaler) for our state of NJ
Found our item (Not all distributors sell this item - we were lucky)
<https://arett.com/item/A15%2BCNA08000E3/Caribbean-Pots-Clay-8-dia-/>
- Contacted Arett, asked them to look up brick & mortars who they sell to
- Contacted that storefront, a local florist in our neighboring city
Explained our purpose & they kindly placed a bulk order for us
By buying at their wholesale price, we paid half of the retail price!

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.

Preferred balloons for 8" drumhead:

**Amazon search:
PMLAND 36"
latex balloon white**

**6 Pcs Per Package
\$1.17 per balloon**

(haven't yet found less expensive option)

6.

Preferred balloons for 6" drumhead:

**Amazon search:
18" giant white balloons**

(several bulk options)

approx \$.38 per balloon

Choosing paper plates



**A paper plate
serves as a base
layer for
drumhead**

**One balloon
stretches over it**

Amazon search bar:

**Brocery Classic
White, Round All
Occasion
Fiber Plates,
8.75 Inch, 100 Count**

**(brand is Chinnet;
sold through Brocery)**

**\$10 per 100 plates
(\$0.10 each)**

**Eco-friendly,
bio-degradable,
made in the USA**

**Size:
8.75"**

**For use with 8"
Caribbean planter**

**paper plate not
used with 6"
planter**

**We recommend
using paper plate!
Otherwise,
a second layer
of balloon
may be used**

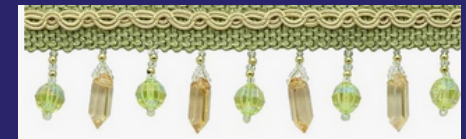
**Amazon search bar:
Chinnet Classic White,
Round All Occasion
Fiber Plates, 8.75
Inch, 100 Count**

**(same plates but
twice the price)**





Choosing trim



we recommend:

- ✓ **soft, not stiff, so it wraps easily & ties easily (like cotton)**
- ✓ **soft tassel or pom-poms as part of trim adds a nice touch**
- ✓ **plentiful hanging elements that cover a lot of balloon**
- ✓ **colors/design that are: gender-neutral for co-ed classrooms; compliments color of drum body**
- ✓ **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 of 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**
- ✗ **spare hanging elements that
don't cover enough balloon**
- ✗ **too stereo-typically feminine or
masculine; clashes with color
of drum body**
- ✗ **for 8" drum:
less than 1.75" - too much of
balloon shows out from under it**
- ✗ **for 6" drum:
under 1.25" is a bit narrow
over 1.50 is" is 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:

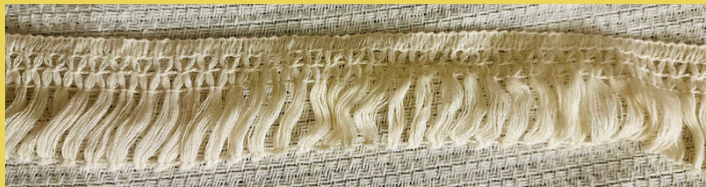
**Fringe Lace Trim Polyester Braided Ribbon
5 Yards 70mm Wide Lace Trim for Sewing Crafts
Clothing Curtains Accessories Lampshade Home
DIY Decoration (Beige Green Mixed, 70mm Wide)**



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**

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

1. Clear space

2. Use pliers
to pull out
rubber stopper
in bottom
of two planters
(optional)

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

3. Press the bottoms
of two planters
together,
aligning holes

Use screwdriver &
pliers to insert &
tighten screws, nuts,
& washers

Ta-da!

Making drum- head (6" drum)

**1. Place balloon on
hard, flat surface**

**2. Trace 1.5" circle
onto middle
of 18" balloon**

**(Use cardboard
cutout of 1.5" circle
or approximate)**

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

**(No need to put
mouth on balloon)**

**4. Using sharp
scissors, cut out
the 1.5" circle**

**(TOP BALLOON
LAYER ONLY !!!)**

**cont'd
(6")**

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

**Gently stretch balloon
over top of planter
opening)**

**(Start with section
further away,
stretching towards you)**

**6. Stretch balloon evenly
all the way, pulling carefully**

**Pull all the way down
beyond planter ridge -
Tight as possible!**

**(Ok that balloon tip sticks
out a little from side of rim)**

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

Ta-da!

Making drum- head (8" drum)

**1. Place balloon on
hard, flat surface**

**2. Trace 2" circle
onto middle
of 36"balloon**

**(Use
cardboard cutout
of 2" circle or
approximate)**

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

**(No need to put
mouth on balloon)**

**4. Using sharp
scissors, cut out
the 2" circle**

**(TOP BALLOON
LAYER ONLY !!!)**

cont'd (8")

**5. Place paper plate
right side up,
flat atop planter
opening**

**Alternative option:
Skip this step
Follow steps 6 & 8.
Then repeat
steps 1-4 & steps 6-8
with a second
balloon**

**(Both options serve
as extra layer of
drumhead
protection)**

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

**Gently stretch
balloon over top of
planter opening /over
paper plate)**

**(Start with section
further away,
stretching towards
you)**

**7. Stretch balloon
evenly all the way,
pulling carefully**

**Pull all the way down
beyond planter ridge
- Tight as possible!**

**(Ok that balloon tip
sticks out a little
from side of rim)**

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

**(If skipping step 5 &
instead adding a 2nd
layer of balloon, pull
it over opposite side
of planter, so the
twisted ends can be
on opposite sides of
planter)**

Ta-da!

**Decorating
drum!**

**Use your
creativity!**

**Have fun
& get crafty!**

**signing
bottom
=
requested**

**trim
=
must**

**paint
=
optional**

**oil pastels
=
optional**

**First thing's first:
please write,
on bottom of drum,
in permanent marker,**



**This marks each drum
as part of RhythmRise
community & gives
touchpoint for connection**

Decorating with trim



Trim protects

For bowl-style drum:

**Trim along the top sides of drum
body protects the base of the
balloon from students pulling
at it & breaking it!**

**This is essential for keeping
drumhead tight**

For djembe drum:

Trim protects as above.

**Also, trim at the middle
of drum body, where the two
planters connect, protect the
planters from students trying
to yank them apart!**

Trim tying

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

**Tie ends in tight
double knot**

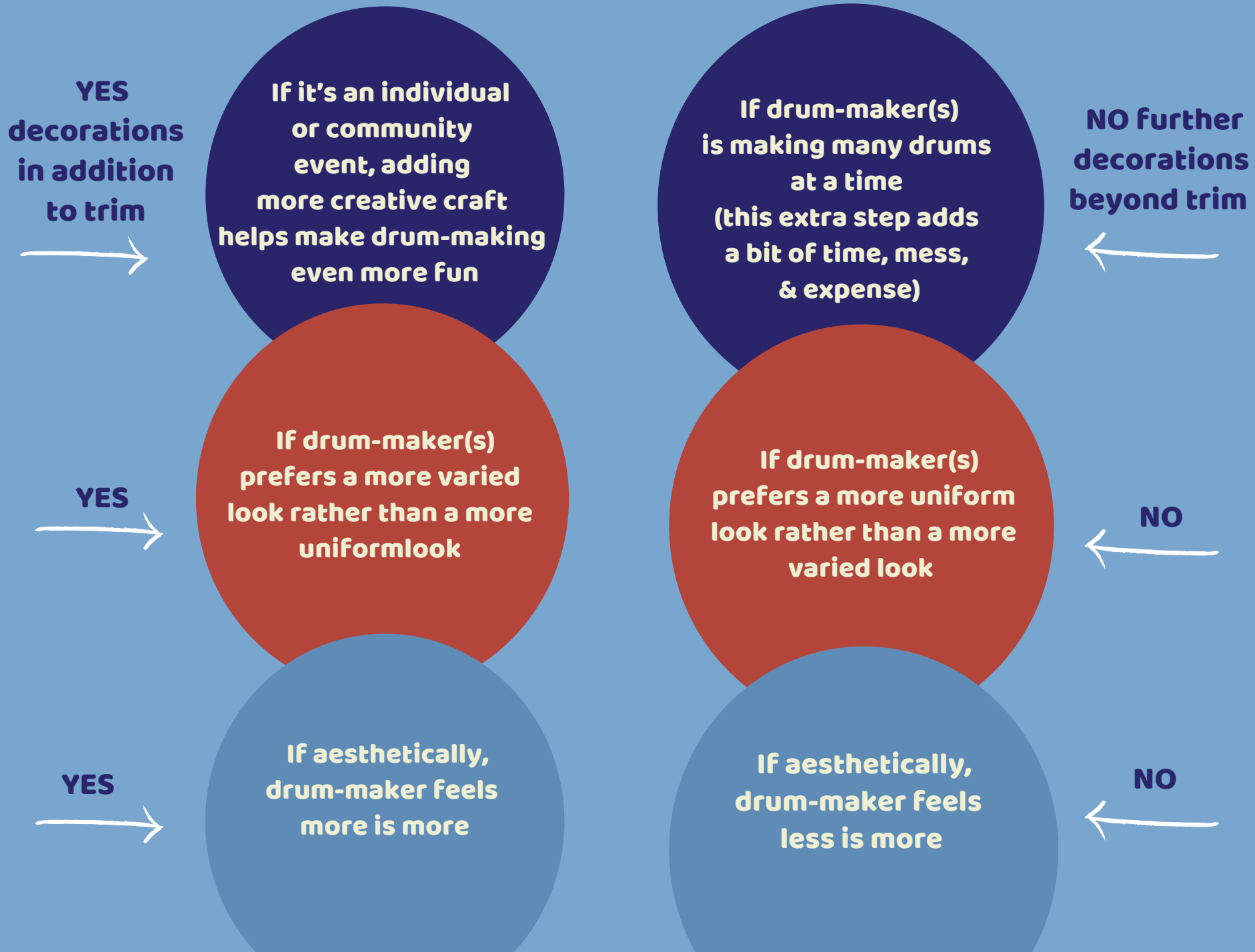
Leave ends to dangle

**If balloon ever needs
replacing, trim can be
untied & re-tied**

**Glue does NOT adhere to
plastic planters - trust us!**

**Although trim ends
can be glued together,
that's easily yanked
down by students**

To design drum body -OR- To keep drum body clean



Decorating drum body - oil pastels (optional)



The good: Very easy to use & colors really pop

The less good: Risk of smudging*

***MUST spray hairspray or fixative!**
Spray directly atop design to set/seal

Otherwise oil pastels will smudge
on students' fingers, clothes, etc

Aim carefully & wipe any drips
Once dry, test with finger to ensure no smudge

We prefer non-aerosol, pump-sprays
for personal & environmental safety



one package is enough
for many uses

Cost breakdowns per made-drum

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

Item	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)
Total if Amazon planter(s)	\$13.09	\$7.31	\$9.71	\$5.15
Total if wholesale planter(s)	\$8.18	\$4.85	\$5.13	\$2.86