



MY SCHOOL ROCKS

AWARENESS • EDUCATION • INSPIRATION

WELCOME TO DRUMMING TO WELLNESS !!



Music and the brain

Playing and listening to music works several areas of the brain

Corpus callosum:
Connects both sides of the brain

Motor cortex: Involved in movement while dancing or playing an instrument

Prefrontal cortex: Controls behavior, expression and decision-making

Nucleus accumbens and amygdala: Involved with emotional reactions to music

Sensory cortex: Controls tactile feedback while playing instruments or dancing

Auditory cortex: Listens to sounds; perceives and analyzes tones

Hippocampus: Involved in music memories, experiences and context

Visual cortex: Involved in reading music or looking at your own dance moves

Cerebellum: Involved in movement while dancing or playing an instrument, as well as emotional reactions

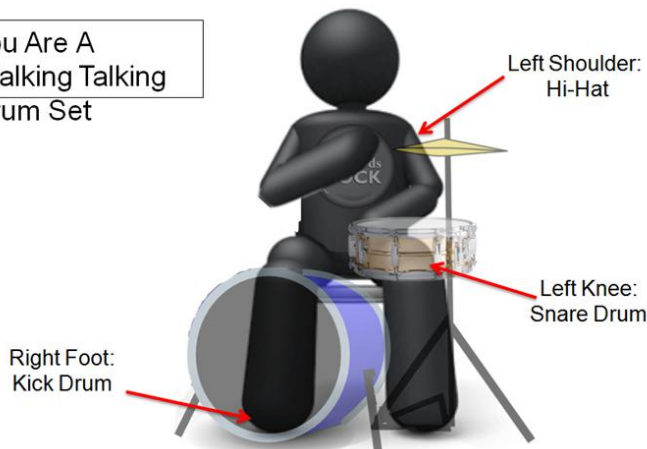
SOURCE: Music for Young Children

DESERET NEWS GRAPHIC



The Body Drum Kit!

You Are A Walking Talking Drum Set



THERE ARE NO MISTAKES IN TODAY'S WORKSHOP

"NO ONE LEARNS FROM SUCCESS"

**MINDFUL
KEYS**



**FOCUS ON THE “FEEL” OF THE
DRUMSTICK HITTING THE
“DRUM”**

**FOCUS ON THE SOUNDS BEING
CREATED**

**FOCUS ON THE MUSIC’S
BEAT-VIBE-OR GROOVE**

**ADD YOUR BEAT BY LETTING YOUR
HANDS TO THE WORK
NO WORRIES !!**

**MENTAL
WELLNESS Themes:**
“R.O.C.K.S”

Resilience

Open Minded

Care

Knowledge

Success Strategies



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STRATEGIES for SUCCESS
Use a “M.A.P”

Mindfulness & The MOMENT

* Breathing & Visualization

Anxiety Acceptance

* Quicksand effect

Positive Self-talk

* De-escalating Negative Thoughts /
Re-framing Negatives to positives

MySchoolROCKS Team Reminder: Be careful how you use the words “ALWAYS & “NEVER”...

Do they represent FACTS or thoughts? Beware of the Quicksand struggle. Be well friends!!