

Facilitation Guide

Rhythm of the Day



EXPERIENCE OVERVIEW

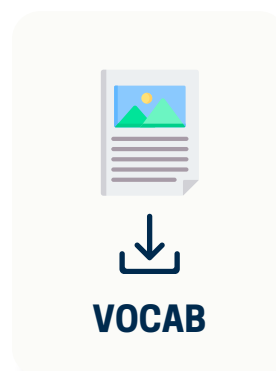
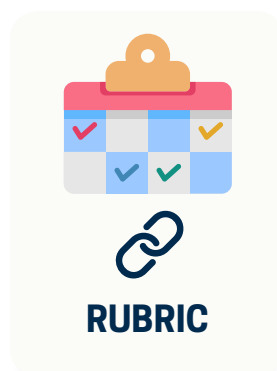
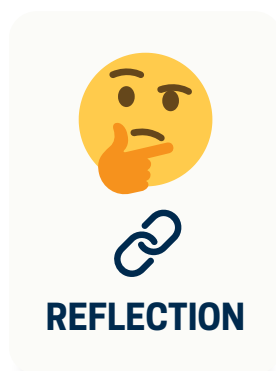
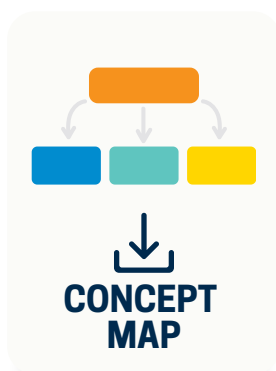
Students will be able to create and share a rhythm or beat sample that contributes to a classwide “rhythm of the day.” This communal grounding practice helps students build a sense of community in the classroom while strengthening their emotional awareness/expression skills. Physiologically, this activity also yields a decrease in cortisol levels which allows for heightened cognitive focus.

Getting Ready

DURATION: APPROXIMATELY 10 MINUTES

No materials needed! Students will clap, snap, stomp, and pat to make their rhythms.

ARTS INTEGRATION MATERIALS



TEACH

1. Introduction

- Gather students in a circle in the classroom.
- Briefly explain the activity's purpose: to create a rhythm of the day that sets a positive tone for learning and fosters a sense of community.
 - *Note: If needed, define **rhythm**: the arrangement of long and short sounds (and silences) to create patterns*

2. Creating the Beat

- Begin by either the teacher or a student initiating a simple beat using body percussion (e.g., patting lap and clapping hands; a well-known example is pat, pat, clap, echoing the "We Will Rock You" beat).
- Emphasize that the beat will serve as a consistent base for the activity.

3. Participation Round

- Explain that the rhythm spotlight will pass around the circle, one person at a time.
- Each student, as their turn comes, can either add their unique rhythm or personal expression over the back beat, or simply join in with the existing back beat. Model both options before beginning.
- Encourage students to get creative and add their touch to the rhythm.

4. Reflection and Closure

- Once every student has contributed or joined in, acknowledge the collective rhythm created by the class.
- Reflect briefly on the experience: How did it feel to contribute to the rhythm? How does the rhythm reflect the communal energy and mood for the day's learning?

Assessment : Observe student participation and engagement during the activity to take an emotional "temperature check" of your class.



OVERVIEW



SLIDES



DRUM BEAT