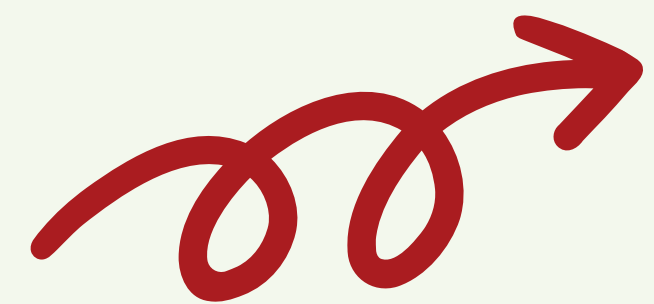




# THE RHYTHM RESET

With Percussionist  
Murray Piper





# USING RHYTHM TO SUPPORT BRAIN TARGET 1

Creating Joy, Safety, and  
Connection Through Percussion




## Why It Works:

1. Shared rhythm = Social bonding
2. Steady beats = Soothing & predictable
3. Movement & sound = Joy + dopamine release
4. Routine percussion = Sense of safety & connection




## Classroom Impact:

1. Promotes emotional safety
2. Encourages a sense of belonging
3. Sets the foundation for cognitive engagement & academic success



# WHY IS RHYTHM IMPORTANT?



## In Music:

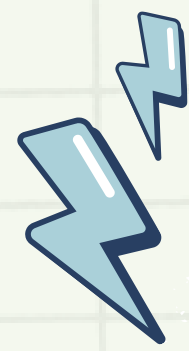
Rhythm **drives the music forward**, giving it structure with beat, tempo, and time signature. Ensemble members rely on rhythm to stay in sync.



## In Everyday Life:

Rhythm **describes the flow of life**—bringing our needs, desires, and talents into harmony. It shapes how we move, connect, and live meaningfully.





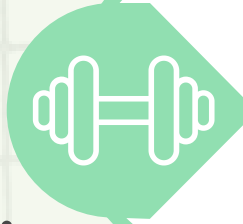
# 8 BENEFITS OF RHYTHMIC ACTIVITIES



Supports Heart-Brain-  
Body Connection



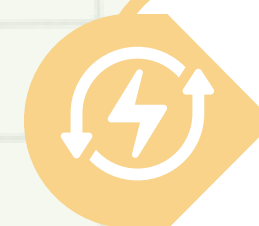
Supports Metabolic  
Health



Improves Cognitive  
Flexibility



Increases Energy



Minimizes Stress



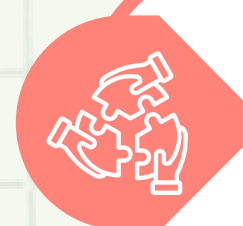
Improved Cardiovascular  
Health



Reduced Depression



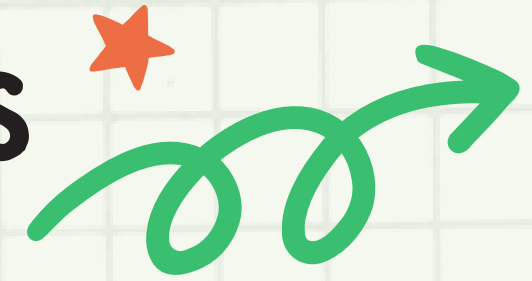
Better Coordination  
Strength & Balance



★ *Feel the  
rhythm* ★



# HOW RHYTHM CONNECTS TO EMOTIONS



Even our breathing patterns are rhythmic—changing with our emotions like stress or relaxation.

**1.** Fast/irregular rhythms = Excitement, anxiety

**2.** Slow/steady rhythms = Calmness, peace

**3.** Punctuated rhythms = Tension, anticipation

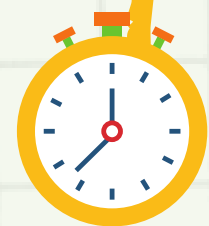
**4.** Syncopated rhythms = Playfulness, surprise

We naturally sync to shared rhythms (like dancing), creating emotional connection and unity.

**1.** Fast tempos → Energy, Joy

**2.** Slow tempos → Sadness, Calm





# UNDERSTANDING TIME SIGNATURES IN MUSIC



## What Are Time Signatures?

Time signatures organize beats in music and tell us how rhythms should be played. They help us understand the structure, feel, and flow of a piece.

### Example:

- $2/4$  = Two quarter notes per bar
- $4/8$  = Four eighth notes per bar
- Common types:
  - $2/4$  = march-like (2 beats)
  - $3/4$  = waltz-like (3 beats)
  - $4/4$  = common time, used in most Western music

### Why this matters:

- Structure - Makes music easier to follow and memorize
- Feel - Changes the mood of the piece (e.g.,  $4/4$  = steady,  $2/2$  = strong)
- Communication - Gives musicians a shared language
- Notating - Allows music to be written and read accurately



# RHYTHM, BODY PERCUSSION, & DYNAMICS



## Rhythm:

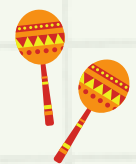
Rhythm is the pattern of music in time. It is **the foundation of all music**—melody can't exist without it, though rhythm can exist on its own.



## Body Percussion:

Performed using the body to create sound—great for musical expression without instruments.


**The four main sounds:** Stomping, Patting, Clapping, Snapping


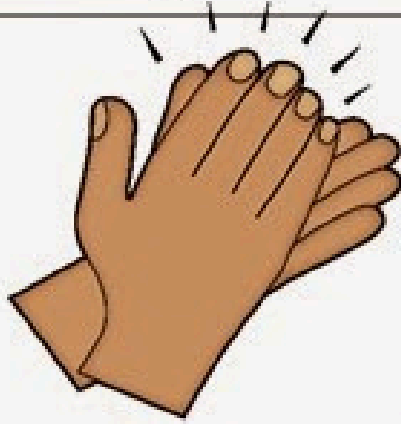

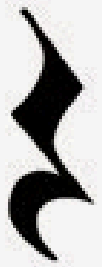

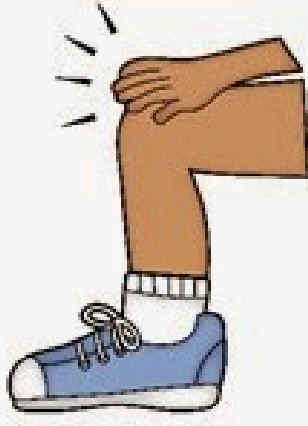


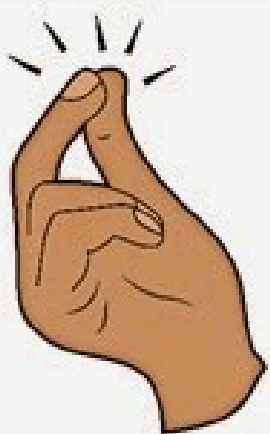
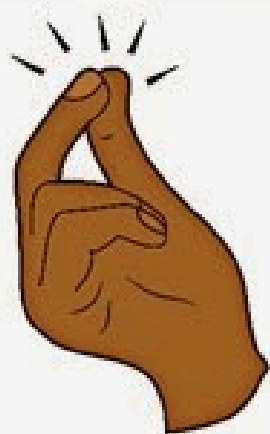
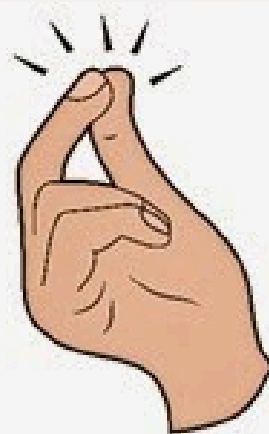



## Dynamics:

Refers to **how loudly or softly** music is played. It helps convey **emotion and mood**, adding expression and variety to a performance meaningfully.

# BODY PERCUSSION CHART



	1	2	3	4
A				
B				
C				
D	