

## **Fife Childcare Partnership, Body Percussion Training, October 2011**

### **1. Name Game**

One person begins and says their name along with a sound (example Steve (clap)), the whole group copies. The next person adds their name with a sound (example Ma-ralyn (lap lap lap)). The whole group copies. The whole group tries Steve then Maralyn, e.g Clap, Lap Lap Lap.

And so the sequence continues around the circle with each person saying their name along with a sound, the group copying and then the group trying to remember and repeat the sequence from the beginning,

### **2. Rainstorm rhythms**

The whole group starts by rubbing their hands together. One person then initiates a new rhythm or sound to go along with the rubbing hands. That new sound gets passed along the circle one at a time until the new sound takes over from the previous sound. The next person in the circle then chooses a different sound to go over the top of the new sound, and this also gets passed around the circle until all people are playing it. The next person in the circle then chooses a different sound and so on and so forth.

### **3. Pass the beat (2 to change)**

This game involves a beat being passed around the circle (example, a clap). Also there is the option of a double beat being played (example, Lap Lap). The game is that as the beat goes around the circle, if ever a double beat is played instead of a single beat, then the direction of the travelling beat changes. This game is good for co-ordination, group awareness and concentration!

A tip: Often it works better to say that each person only has a given number of double beats that they can play (example 2 or 3), otherwise some times the flow of the game can be difficult to achieve.

### **4. Sequencing Games**

At the conference I demonstrated 2 of my favourite sequences, Hoppi and Iowaliwa.

Both of these sequences involve the following ingredients:

A call & response foundation, a song, something silly, a ‘when I do this, you do that’, a ‘can I catch you out?’

Here’s a description of both sequences:

Hoppi:

Call	Response
Hoppi	Hoppi
Kiraru	Kiraru
Tunge Tunge Tunge Eh	Tunge Tunge Tunge Eh
Eh a Tunge Eh	Eh a Tunge Eh
Loptati	Clap Clap
Lopati Malpo	Clap Clap Point (with a nrghhhh sound)
Hey Hey	Ho
Ho Ho	Hey

Iowaliwa:

Call	Response
Various clapping rhythms	Copy
Any rhythm on the legs	Don’t copy
2 stamps	5 x claps followed by ‘HEY’
Iowaliwa	Take off like an aeroplane
Hey hey hey	Ho Ho Ho
Ho Ho Ho	Hey Hey Hey

Have fun making up your own!

You can also hear the audio of this game at [www.drumfun.co.uk/training.htm](http://www.drumfun.co.uk/training.htm)

## 5. Name & Birthday

I got this game from a great teacher of mine, Doug Goodkin. It goes as follows: The whole group set up a Lap Clap rhythm. In turn each person says their name and birthday over the top of the rhythm, and the whole group respond/ copy. When everyone has had a go, the leader counts to 4 and then everyone claps the rhythm of their name and birthday (i.e. the sounding of the syllables of their name and birthday)

Example:

John-a –thon Brem-ner, Twen-ty sec-ond of Ap-ril

X X X X X X X X X X X X

The result will be a whole array of interacting and interweaving rhythms. You can then signal the rhythm to change to other body sounds, and then try calling out, 'Just your name' or 'Just your birthday', or 'name on one sound, birthday on another'.

I would only try a game of this complexity with an older primary aged group, although the game can be adapted to younger ones. The theory is 'If you can say it, you can play it!'

## 6. Body Percussion Rhythm

In the training I taught a 4 part body percussion rhythm, that went as follows:

<b>Stamp</b>	<b>Clap</b>	<b>Laplaplaplaplap</b>	<b>Clap</b>
<b>Chestchest</b>	<b>Clap</b>	<b>Laplaplaplaplap</b>	<b>Clap</b>

You can see this, and other body percussion videos on our youtube site:

[www.youtube.com/drumfun100](http://www.youtube.com/drumfun100)

## 7. 7's

In this exercise, I split the group up into a few teams of 3 or 4 per team. The brief was to create a simple body percussion rhythm by allocating sounds to different numbers. Example's

1	2	3	4	5	6	7	(rest)
Clap	Chestchest	lap	lap	Chest	Chest	Clap	
Chest	Clap	Chest	Clap	Laplap	Lap	Click	

The tips I gave were to: keep it simple and work either up or down, so as to not be too disjointed.

We then heard all of the rhythms from the mini teams and put them together to create our body percussion orchestra.

## 8. 1 to 8 sounds

Each person chooses a number 1to 8, and a sound. The leader sets the pace and calls out '1,2,3,4,5,6,7,8, 1,2,3,4,5,6,7,8, 1,2,3,4,5,6,7,8' etc. Each person makes their sound at the same time that the leader calls out their number.

Example:

Joan chooses to clap on beat 4

Derek chooses to 'moo' on 2

Ian chooses to stamp on 1

Louise chooses to 'Baa' on 6.

The resulting rhythm will be:

Stamp	Moo		Clap		Baa		
[ 1	2	3	4	5	6	7	8 ]

## 9. 5's

This is another game that I learnt from Doug Goodkin. Each person chooses a partner. Partners face each other and choose a number (keep it secret) between 1 and 5.

Each person taps on their laps their chosen number (e.g. if you choose 3 then you tap 3 times) followed by a high 5!

As both people are likely to have chosen different numbers then the high 5's will not coincide. If each person carries on with their rhythm (in the above example: lap lap lap, high 5, lap lap lap high 5 etc.) then at some point the high 5's will coincide.

At this point each person has to think fast and change to another number. If the couple reach 3 consecutive high 5's then the game is over.

This game is quite advanced and will best suit upper primary aged children.

## 10. Che Che Kule

A simple Ghanain children's song, sung in call and response:

Che Che Kule  
Che Che Kofi Sa  
Kofi Sa Langa  
Kaka she Langa  
Ku ma dende (response x 2)  
HEY!

## 11. Scat Cards

Using simple Scat or nonsense phrases the children can play simple rhythms. Phrases such as 'Doop doop dibby dibby ding dong wap' and Kazan ka boom foo foo foo' appear on ready made Scat Cards which can be purchased online from:

<http://stress-solutions.com/cards.htm>

**Note: A number of these games/ songs and exercises can be found on audio or video at [www.drumfun.co.uk/training.htm](http://www.drumfun.co.uk/training.htm)**

Drumfun is a trading name of Happyness Drum Circles Ltd. A company registered in Scotland no.  
335127