

Ocean drums

CAN BE HELD, SHAKEN, BEATEN, ROLLED, SHUFFLED, LOOPED ONTO ANKLE BRACELETS, SWUNG FROM TREES AND GENTLY WHACKED LIKE A PIÑATA...

Sensory and/or physical needs

Self-played:

Playing this instrument up high, whilst looking through the skin to see the little beads scampering across the surface, can exercise the shoulder muscles in a different way than is usual. Also, the head is tipped backwards and eyes raised, requiring varying degrees of shoulder and arm exercise and control. Be aware to shorten the time span if played this way.

Practitioner-facilitated play:

Sit facing each other and 'steer' the ocean drum like a car steering wheel. Swap leader/follower as you go along. Do the same action with a 'rowing' back and forth motion. Repeat with shaking, up and down motions.

Social, emotional and mental health

It can feel wonderfully liberating to be led and then become leader yourself in an activity.

Feelings of self-esteem and self-confidence can arise from being acknowledged, trusted [by your follower] and liked [by your activity partner] through this activity.

Knowing, liking and trusting are essential qualities which can help when presenting more challenging activities in the future.

Communication and interaction

The body can experience communication through different actions. Pulling, pushing, tugging, lifting, lowering, are all communicating something and we are always interpreting what these actions mean to us, then we adapt and interact in order to form our own communications either in response or as an initiatory act.

Cognition and learning

Looking up through the skin of an ocean drum teaches simple light and shade perception and playfulness.

Can help improve eye-teaming skills along with eye-ear integration.

