

Shaman drums

ARE TO BE HELD BY THE GRIPS ON THE REVERSE [LIKE A SHIELD] AND HAVE A RESONANCE THAT CAN BE FELT WHEN HELD CLOSE TO THE BODY.

Sensory and/or physical needs

Self-played:

Helps with grip and holding.

Motion is generally towards the self, compared to away from or down with other drums, requiring different motor control skills.

How does it feel to your body when you tap the drum gently and then when you beat it harder?

Practitioner-facilitated play:

Practitioner holds the drum, face outwards, into the back or solar plexus of the receiver. You can even take this all over different parts of the body [even above the head] but not too close to ears, then play with varying degrees of strength whilst the listener feels the vibration of the drum. If the body responds well to stimulus this can be a very more-ish activity for some.

Social, emotional and mental health

Repetitive, gentle 'thuds' from the Shaman drum vibration that can be felt in the tummy or back area can help to give an emotional sense of stability and security, in a similar way that lullabies work.

Communication and interaction

The Shaman drum can be used in a similar way to a resonance board.

You can place it on a wheelchair or on a resonant floor and play it [as indeed you can with any drum] .

Look for the resulting responses.

If the practitioner holds the drum against themselves, students can beat the drum and practitioner can give feedback, in word and/or gesture – this can help the student to temper their own playing [unless they want to give you a hard time by constantly playing hard and loud, of course].

Cognition and learning

'Reading' signals via words and gestures helps with understanding spoken and body language.

Learn about where the drum comes from.

Learn about what Shaman drums are used for, how and why they are used in specific ceremonies.

