



Method Sheets

Title of the activity

Body Percussion

Activity proposed by

Eva Michailidou

Duration

20 minutes

Participants

From 2 to 20

Participants need to be able to move
at least one hand

Aims

- to warm up
- to improve proprioception and kinaesthesia
- to improve body sensation and sensory experience
- to activate different parts of the body
- to feel more grounded (for the participants that keep the rhythm with their legs)
- to feel the rhythm
- to create music with their body
- to use rhythm in order to connect with the group
- to use different rhythms while moving
- to improve the sense of timing in music

Material

- A comfortable and quiet space
- It is better for the participants to wear shoes

Preparation

Ask participants to wear comfortable clothes and shoes (if this is possible for them)

Steps / Instructions

1. Start in a circle facing inwards
2. In Body Percussion there is a basic sequence of 11 rhythm blocks or claps (check the links below). Take time to teach them in the group and perform them all together. The time depends on the group. Take as long as participants need. At this point it is important to give a variation for the rhythm technique that is performed with the legs, if there are people that cannot move their feet. One option is to interpret the rhythm of the feet with the sound from the mouth.
3. Perform the techniques one by one in a row. Repeat as needed. As participants progress, start to speed up.
4. Try different rhythm combinations of body percussion. You can use our proposal or you can create your own by mixing the different rhythm taps.
5. Use the same rhythm combination to perform in the circle. Each participant claps one count and the rhythm travels in the circle. Try to keep the beat. The group can hold the rhythm with their feet or mouths during the whole exercise.

6. Teach two different rhythm combinations and then split the circle into two groups. Group one learns and performs the first rhythm and group two learns and performs the second.

7. The two groups perform at the same time. Leave enough time for the sound to become clear.

The time for each step will depend on the group. Give the group the time needed to understand and perform each step.

Evaluation method (if applicable)

You can ask participants for feedback after the session if this is possible.

For some severe disabilities, it is not easy to communicate through language so you will need to “read” feedback from their body language or from their response to the information given.

Hints/tips for facilitators

- Be prepared to show the rhythm exercises that you will use. We recommend that the rhythms and the different combinations should be tried before being applied in the group.

- Start by explaining the different ways of clapping or use of the hands to create different sounds.
- Each time explain and demonstrate the rhythm before the group tries it.
- Arrive early to warm up before the session begins.
- Speak slowly and clearly when giving instructions
- Take time to repeat the material and make sure that everyone in the class understands your instructions.
- Try to build each exercise/addition gradually during the session.

Variations (if applicable)

- With participants unable to “use” their legs, they can use their voices instead.

(We use the hands for the body percussion techniques.)

Method

The method used is Body Percussion. For further information, contact Eva Michailidou or search on the internet.

Links: https://en.wikipedia.org/wiki/Body_percussion

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=FOajTH1jOto&ab_channel=SLAMMINBodyBand)

[v=FOajTH1jOto&ab_channel=SLAMMINBodyBand](https://www.youtube.com/watch?v=FOajTH1jOto&ab_channel=SLAMMINBodyBand)

http://www.internationalbodymusicfestival.com/pdfs/Teacher_Training_Handouts_2011.pdf

<https://vimeo.com/536902247>



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