

13

CATEGORY

rhythmic

AGE

5+

NUMBER
OF PARTICIPANTS

10-80

DURATION

approx. 10 min.

WORKING METHOD

- group work

MUSICAL ABILITIES
OF THE TRAINERS

① 2 3 4 5 6

EQUIPMENT
AND INSTRUMENTS

- music player / app to play the song
- optional: ocarina

COMPETENCES

- collaboration
- attention
- concentration
- rhythm recognition

Storm

A play where the sound of raindrops and storm are created by the participants only using their hands as instruments.

AIM

An energizing group exercise, it develops creativity and an understanding of how easy it is to create powerful sounds without instruments or vocals. The exercise shows the power of rhythm and how extremely effective a common rhythm is in strengthening team cohesion.

DESCRIPTION

Everybody stands in the circle. The facilitator explains the task. The facilitator shows the movements and the participants have to follow one by one without stopping.

Creating the storm with movements:

1. rub your palm - represents how the wind blows
2. snap your finger - represents how the rain drops
3. clap with your fingers - represents how rain drops heavier
4. drum on your thigh - represents the storm
5. stamp your feet - to create the thunder

This is the high point of the rain and storm, now we play how the storm calms down. To do that in reverse: drum on your thigh, clap with your fingers, snap your finger, rub your palm.

At the end it sounds like a rain „from calm to storm“ and „from storm to calm“.

This can be also played with rain calming down a bit and then becoming heavier again etc.

Repeat with changing who leads the rhythm of the storm.

Bird and other forest animal sounds can also be added, e.g. with whistling.

USEFUL LINKS

Only raindrops by Perpetum Jazzile:

<https://youtu.be/ercBpzS6N6s>

African feeling with „Storm“ in the beginning by Kearsney College

Choir: <https://youtu.be/xGy68f0jFTM>

