

FINDING OUR RHYTHM

Many drumming traditions begin songs with a rhythm known as a drum call and response. Drum calls are short little rhythms that introduce the songs- like a signature. After there is the drum call, there is always a similarly short rhythmic response to this call made by other drummers. These two rhythms go together, you can't have one without the other. They are perfect companions.

What if we were to make up our own rhythmic call and response. Let's sit together and have a go at tapping out our own short rhythmic signatures that go together. We could do this on our own laps, or on a table-top for example. Then let's practice it so we don't forget. Before bed we can tap out our rhythm together, or when we get in the car, or as you leave for pre-school or school we can tap out our rhythm, or at home sitting on the couch together we can practice.

We can take our rhythm with us into times that feel hard. No-one else needs to know that we have our rhythm. We can hold hands and tap out our rhythm with our fingers into each other's palms. We can sit beside each other and tap out our rhythm on each other's backs. Even when you are on your own and feel like you need me there, tap out our rhythm and part of me will be there with you.

