



Drums Alive® Ability Beats™

Carrie Ekins, Dean Owens, Karen Watanabe
Anne Graff, Wendy Miller, Janice Derrickson



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Partnered with



Drums Alive® Ability Beats™ Is for Everyone: No Participant Is Left Behind!

- A fun, research based, all-inclusive program that provides a comprehensive fitness and educational approach for everyone, regardless of age or ability
- A multi-sensory, brain and body musical, movement and drumming experience that integrates kinesthetic awareness, neuro-muscular skills, cardiovascular conditioning, flexibility, strength and wellness activities, and much more!
- A no-limitation, culturally diverse program that cultivates respect, appreciation, and encourages experimentation, exploration that boosts self-esteem and ignites a passion for learning and fitness



Note: Carrie Ekins is the founder and creator of Drums Alive®, has a Master's degree in Physical Education and Dance and is a Doctorate Candidate. She has extensive teaching experience and served on the faculty at several college campuses, delivered multiple presentations as a guest lecturer and keynote speaker at universities and conventions around the world, been highlighted on television and radio shows; and, recognized with multiple prestigious awards, such as: "Program Director of the Year," "Best International Presenter," and, "Most Innovative and Creative Programming."

Drums Alive® Ability Beats™ and Children's Needs

Drums Alive® Ability Beats™ stimulates engagement and addresses the following needs:

- **Physical Needs** - Improvement in Physical fitness, health, and wellbeing
- **Neurological Needs** - Promotion of hemispheric convergence through simultaneous activation of the lobes and regions in the brain to promote plasticity
- **Cognitive Needs** - Improvements in concentration, focus and awareness
- **Emotional Needs** - Encourages children on the spectrum to control, regulate, and understand their emotions
- **Communication Needs** - Drumming and movement are valuable ways to communicate nonverbally and provide an opportunity to listen to others while contributing to the group dynamics and dialog
- **Social Needs** - Everyone can drum and be part of the team regardless of ability
- **Educational Needs** - Kinesthetic learning activities that integrate drumming, rhythm and movement can make learning engaging and accessible
- **Self-Actualization Needs** - Drumming and movement boosts self-esteem and provides an avenue where appreciation and acceptance are fostered

Safety Concerns and Class Preparation

- Know your participants' skill levels and use modifications as needed
- Ensure safe and proper use, care and cleanliness of equipment
- Provide alternative environments and guard against overstimulation; "quiet area"
- Be cognizant of lighting; ensure it provides a calming atmosphere
- Be aware that some students may be sensitive to loud music
 - Loudness = 85 dBA 90 dBA
 - Tempo = Adagio to Allegro
 - BPM = Songs over 100 BPM need to be carefully monitored carefully
- Use proper biomechanics
- Provide time for water breaks
- Make it fun, creative and give your students opportunities to lead

Testimonial: "My Life Skills students truly enjoyed themselves! I cannot tell you how nice it is to see my kiddos happy, moving, and engaged in activity! All of my students, regardless of ability, participated and had a blast! I love that Drums Alive allows my kids to do the best that they can, and the routines are easy to modify for a variety of physical disabilities. I know they got their blood pumping, something we don't always get to do during our busy day. Some of my kids were more animated and happy than I've seen in quite some time." - **Laura Barondeau, High School Life Skills Teacher**

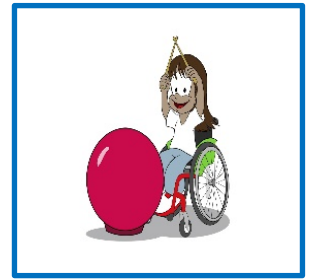


Note: For more information on Ability Beats™ or Therapy Beats™ or any of the Drums Alive® programs that includes music, choreography, research, resources, or training opportunities please visit us: www.drums-alive.com or www.drumsalive.eu or www.facebook.com/drumsalivenorthamerica



Let's Get Going! Drums Alive® Ability Beats™ In Practice

1. Greeting and Welcome
2. Warm Up Activities
 - Fine and Gross Motor Skills
 - Drop & Catch, Throw & Catch, Flip & Catch
 - Drumsticks and/or Boomwhackers
3. Listen & Learn Cognitive Skills
 - Follow the leader - Call Answer Activities
4. Brain Beats - Cognitive Applications
 - Working Memory
 - Speech Patterning
5. Musical Interpretation
 - Activate the Anticipatory Pleasure Response
6. Health and Fitness Exercises
 - A Combination of Drumming & Movement Skills
7. Teambuilding and Functional Living Skills and Games
8. Creativity and Expression
 - Creating Your Own Moves, Grooves and Fun!
9. Hand Clapping Games
10. Mindfulness, Cool Down and Relaxation
11. Gathering, Review and Goodbye



The Drums Alive Ability Beats class design can vary according to the demographics of your class and the physical and mental (maturation) levels of your students. One of our many fun and engaging choreographies from our Teacher's Resource Materials is provided below:

CHOREOGRAPHY EXAMPLE – LET THE SUNSHINE IN

Equipment: 1 Stability Ball, 1 Bucket Base, 1 pair of drumsticks per student

Music: Drums Alive Kids Beats - Let the Sunshine In

- 8x Double Beats (8 counts)
- 8x Single Beats (8 counts)
- 4x Side Clicks (8 counts)
- 8x Moving to a new Drum Set (8 counts)
- Repeat all sequences until the end of the song
 - ✓ **Tip:** You may choose to begin by moving around "Own Drum" before moving to a new Drum Set
 - ✓ **Tip:** Allow time for the students to experience all of the skills before progressing with music
 - ✓ **Tip:** Increase number of repetitions for each drumming skill if students are not able to change skills in 8 counts

**Want to know more?
Attend A Drums Alive Training!**

www.drums-alive.com
www.facebook.com/drumsalivenorthamerica

Helpful links

www.westmusic.com

<http://www.remo.com>

Palaestra 2018 Vol. 32.No. 4
(Ekins, C. Owens, D)

Palaestra (2018) Palaestra MS#17-022
(Ekins, C, Boehr, J. Schulz, H. Wright, P. Owens, D. Miller, W)

International Journal of Special Education, 33(1), 94-103. Dr. Litchke
(Willemin, T. A., Litchke, L. G. Liu, T., & Ekins, C, 2018)



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