

## Percussion Chronicles

This package will focus on the development of the following areas:

- Communication
- Healthy Competition
- Team Work
- Memory Stimulation
- Problem Solving

**Course Practitioner:**  
**Gary Hammond**



A package devised by Firebird Trust creative team member Gary Hammond, the Soundscapes and Stories team building day will be fun filled with an emphasis on creativity!

This exercise involves numerous percussion instruments that differ in sound, with many having that added WOW factor.

The day usually begins with a complete group warm up followed by the group being split into smaller groups. Each group is encouraged to come up with a body percussion rhythm; this could be a hand clap, a stomp, a click of the finger, etc. Each group is then asked to take it in turns to showcase their creation. The complete group are shown examples of body percussion in the initial warm up but following that their creative juices usually come up with more imaginative concepts! Did you know that in Ethiopia they indulge in armpit

music? We haven't experienced this during the delivery of the package before but there is always a first time!

The warm up encourages the use of communication between group members to generate the 'best' rhythm whilst generating healthy and friendly competition between the groups. The general warm up process aims to relax participants and usually creates a lot of laughter.

For the main body of the package, all participants are given a role to play and each one is as important as the next, we believe this structure boosts morale and builds confidence as everyone, whatever role they play within your organisation, are on the same level throughout this exercise. All the instruments are reintroduced to the group. When participants have familiarised themselves with the instruments they are broken up

into teams and are asked to come up with a story. This story could be regarding work scenarios or projects that they have been involved in, or just something simple like the beach or a rainforest. Participants are then asked to break down each part of the story into bullet points. Each bullet point is then given a sound that references that part of the story. This encourages team work and problem solving skills to come to the fore and the sequencing of the soundscape strengthens memory processes. We have found that this package brings a real element of fun into the workplace and creates an environment where all opinions matter and allows work relationships to become more relaxed.