

Tapping Rhythms on the Floor

Focus

This lesson reinforces the experience of rhythm by encouraging participants to practice producing different rhythms in another context—on the floor. Participants also exercise their arms and hands during the activity.

Accomplish this by:

- Encouraging participants to sit or lie on a floor with comfortable padding and pillows as seats and/or support
- Encouraging participants to tap rhythms on the floor with a dowel rod and a garden hose nozzle (chosen for its thickness and metallic sound).

Areas of Documentation

Physical experience (gross motor, kinesthetic process)
 Emotional enrichment
 Sensory experience

Goals

Body movement
 Out-of-chair experience
 Auditory enrichment (listening)
 Range-of-motion exercise
 Hand grasping exercise

Materials

- ✓ Location with plenty of floor space
- ✓ A garden hose
- ✓ Dowel rods
- ✓ 2 pillows per participant

Staff required: 1 – 2

Estimated time: 1 hour

Process

1. Welcome the participants warmly as they arrive, and gather the group in a setting where there is plenty of floor space and opportunity for movement.
2. Explain that everyone will be practicing rhythms on the floor for a time.
3. Give the participants a pillow to sit on, and if appropriate, ask them where they would like to sit. For participants using wheelchairs, provide comfortable padding, and place two pillows under the front of the upper body of each person. (Body placement should always follow the person's positioning protocol.)

