

# Rhythms of Resilience!

Like many joyful experiences, playing rhythm instruments in a group (or even individually) can provide rich opportunities for resilience-nurturing. Whether for ritual, or entertainment, or just plain fun, making rhythms is part of resilience. Tap into this ordinary magic with children!



## Relationships

For millennia, cultures the world over have come together to share rhythms. **That group energy helps every child feel included and valued.** And the group's rhythm supports the child just beginning to explore rhythms. What a great way to share connection!

## Initiative

**Agency:** Choosing an instrument and using it to extend one's body movements is very empowering!  
**Problem-solving** How does it work? How can I make it louder, or softer? What happens if I shake it fast?  
**Motivation to succeed:** Most sessions end with a loud "NOOOOOO!" Using their bodies and senses to create music is immensely satisfying to most children, and they persist!

## Executive Functions

**Cognitive Flexibility:** Bring on the loose parts! Encourage children to find the rhythms that sticks, buttons, cans, boxes, pebbles etc. hide.  
**Working Memory:** Remembering the movements to keep a beat takes practice!  
**Inhibitory Control:** The urge to shake out ALL the rhythms is strong! But blocking out the side beats and staying focused makes the sound swell with energy, and it's worth it.

## Self-Regulation

- **Waiting** to choose their instrument
- **Listening** for cues to start and stop
- **Remembering** that wild and random shaking and banging of instruments may damage them... OR: cause an early end to the fun (BOOO!)

**And all while moving their bodies, and having the best time ever! MAGIC!**

