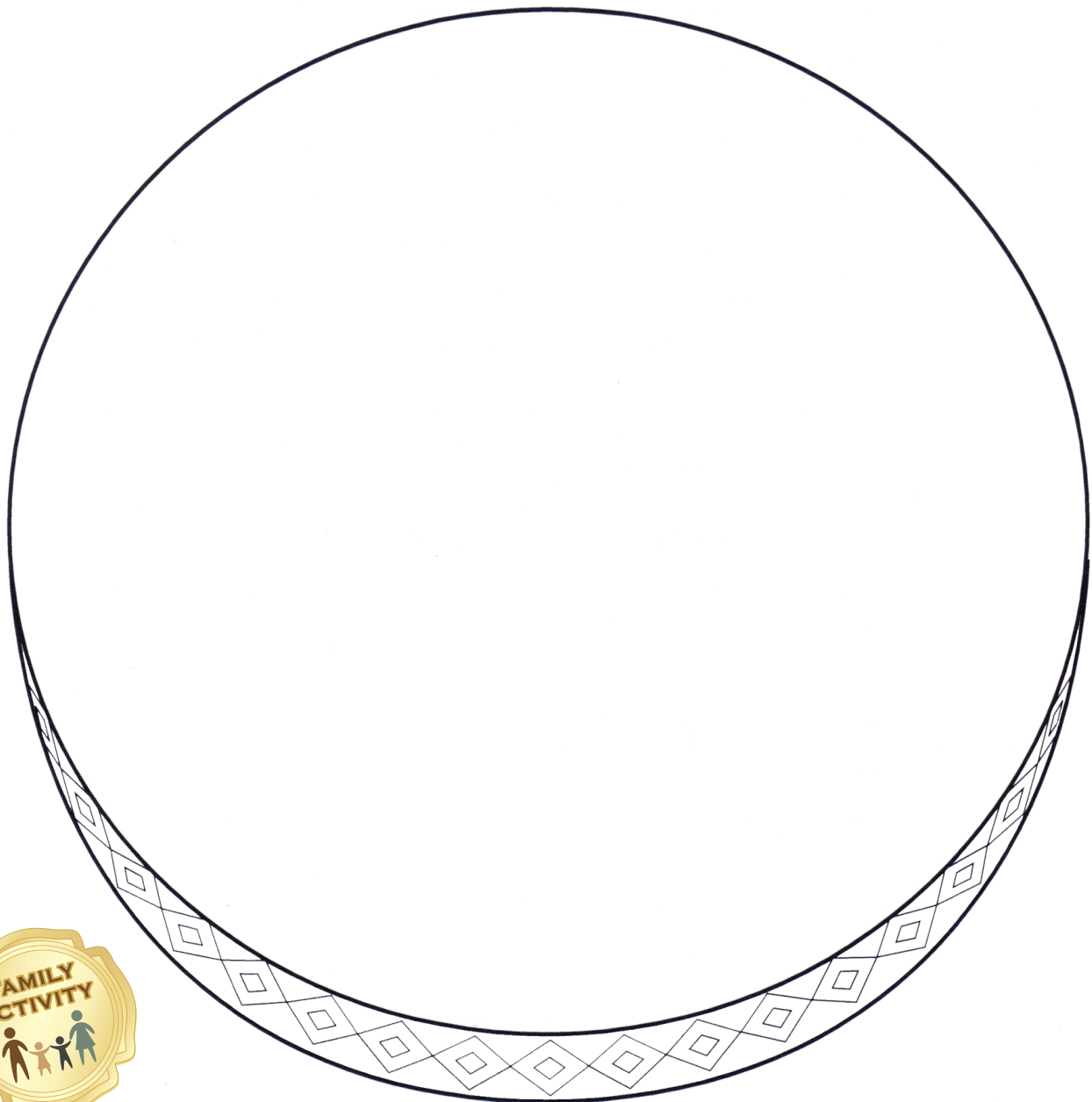


The Thoughtful Beat

Draw a picture on the drum to show how you are feeling today
and ask an adult to help you think of a title for your picture.

Title:



The drum and its circular shape can be a symbol for wholeness, health, and the beat of the heart. It is used at times of celebration with ceremony, dancing, and learning. The drum links many Indigenous peoples to their culture, families, and community.