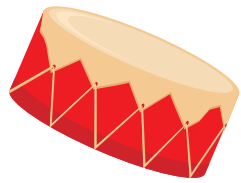


## Holistic Health and the Healing Aspects of Musical Expression

Indigenous culture intertwines drumming, singing, and dancing as a connection to their cultural identity, which is passed down from generation to generation. In social gatherings or ceremonies, the drum, song, and dance symbolize an expression of healing that brings the community together. The drum and its circular shape can be a strong symbol for wholeness and health, and it represents the voice of the nation and the voice of the ancestors.



### ACTIVITY: GET THE BEAT

- Form a circle or stand with feet shoulder width apart.
- Practice shuffling your feet as you move around the circle.
- Now try to foot tap and shuffle as you move around the circle or around an item that is significant to your heart.



### ACTIVITY: MAKE AN INSTRUMENT

- Use recycled cans and stretch leather or material tightly on the can.
- Find a stick or twig and use as drumstick.
- Make a rattle by using two small tin foil plates pressed or stapled together and with small pebbles inside and use a wood dowel for a handle.
- Now you are ready to make your own music!



### PUT IT ALL TOGETHER

- With help, listen to a piece of music that is meaningful to you or to your family. If a member of your circle wants to sing or play an instrument, welcome their sharing and start dancing.
- Feel the beat of the drums and the rattles.
- Form a circle and foot shuffle to the music.



Please use these teachings and activities in accordance to your community's protocols and culture. Indigenous drums are lovingly made, are important cultural belongings, and often are not able to be played by just anyone.

Here are some examples of the word for **dance** in Indigenous languages:

Anishinaabemowin (Ojibwe): **niimi'idiwin**

Blackfoot: **ihpiyi**

Michif: **enn daans**