



**Drums Alive® DRUMTASTIC:  
Get Moving, Get Drumming, Get Active!**

Dr. Kelly Jackson, Presenter

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Sponsored by

Discover how Drums Alive® DRUMTASTIC can energize your classroom with the power of rhythm, movement, and playful creativity! This interactive session invites participants to experience engaging brain-and-body activities that boost physical, cognitive, and social-emotional health. Using music, stability balls, and drumsticks, you'll explore cross-curricular lessons that spark imagination, support self-expression, and foster teamwork for learners of all ages and abilities. Participate in activities for K-8 and learn how to integrate DRUMTASTIC into your own teaching practice!

**About Drums Alive®**

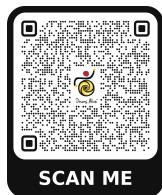
Drums Alive® is the original, research-based drumming fitness program that blends movement, rhythm, music, and cognitive applications to support physical, mental, and social-emotional wellness. Rooted in brain-based learning, the program's DRUMTASTIC® curriculum engages students of all ages and abilities in active, inclusive, and energizing experiences. Join us to discover how to share the transformative power of Drums Alive®!



## PRIZE DRAWING!

Scan the QR code below for a chance to win either:

*Drums Alive DRUMTASTIC & Ability Beats mp3 + mp4 download OR  
DRUMTASTIC Mini Kit A*



### (Sample DRUMTASTIC Activities)

#### #1: Wipe Out

**Music:** *Wipe Out (DRUMTASTIC & Ability Beats mp3+mp4)*

**Equipment:** Drum Set (stability ball/bucket base), drumsticks

**Formation:** Windows or Scattered

**Focus:** AB form, chord changes (active listening)

#### Choreography Sequence:

**A** (melody): Travel around the room using a locomotor movement; tap Drums as you pass by

**B** (drumming): Rumble on right side of Drum (8 counts), then left side of Drum (changing with music)

\*\*SURPRISE: Listen for the music to change after 4 counts, and change with it!

#### **SEATED MODIFICATIONS:**

**A options:** Select an upper body movement to perform (ex: Wave drumsticks in the air)

Tap drumsticks on floor (8 counts), then overhead (8 counts)—consider reducing to 4 counts

Tap 1 drumstick on floor and other in air (4 or 8 counts); switch

**B:** Rumble on right side of floor (8 counts), then left side of floor (8 counts)

