



# Drums Alive® STOMP, DRUM, and DANCE!

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Get ready to experience the joy of rhythm, movement, and music in this high-energy session that brings learning to life! Using stability balls, drumsticks, and engaging music, *Stomp, Drum, and Dance!* invites participants to explore the powerful combination of music and movement while enhancing focus, managing stress, and promoting connection. Discover how Drums Alive® activates both the brain and body—all while inspiring fun, creativity, and meaningful rhythmic experiences you can bring back to your classroom.

## 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®!

## Sample Activities

### Splash Splash

**Music:** *Splash Splash* (performed by Bobby Darin)

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

**Formation:** Partners sharing a Drum Set

**Focus:** Form, spatial awareness, collaboration

#### **VERSE** (64 counts)

- Tap partner's drumsticks HIGH (hold 3 counts)  
Click own drumsticks (1 count)  
Double Beat on Drum (hold 3 counts)  
Click own drumsticks (1 count)  
**Repeat all**
- Same pattern, faster (1 count per move)—4 times total
- **Repeat both slower and faster patterns**  
(Option: add jumping jack feet)

#### **CHORUS** (48 counts—Partner Drumming)

- 4 Double Beats on right side of Drum; 4 Double Beats on top of Drum  
4 Double Beats on left side of Drum; 4 Double Beats on top of Drum  
**Repeat pattern**—3 times total

### Hot Chocolate

**Music:** *Hot Chocolate* (from [The Polar Express](#))

**Equipment:** Drumstick scarves (options: drumsticks, pool noodles, Boomwhackers, or hands!)

**Formation:** Windows

**Focus:** AB form, creative expression, rhythmic movement

**On the Drums Alive YouTube page:** [Hot Chocolate Instructional/Performance Video](#)

#### **Structure of Music    Choreography**

**Intro:** 48 counts    Creative movement

**A:** ("Hot, hot")—64 counts total

4 counts  
4 counts  
8 counts  
8 counts  
8 counts  
32 counts

Drumsticks out to the right in an "L", then back in on "Hot, hot"

Drumsticks "rainbow" right to left

Repeat "L" on LEFT side and "rainbow" LEFT to RIGHT

Repeat "L" on RIGHT side and "rainbow" RIGHT to LEFT

Creative movement

Repeat ALL, starting on the LEFT side

**B:** ("Here we've only got...")

24 counts

