



Drums Alive® STOMP, DRUM, and DANCE!

Dr. Kelly Jackson, Presenter

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Sponsored by

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

Splish Splash

Music: *Splish 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

