

# BUCKET DRUMMING CIRCLES



**Ms. Spinelli**

**ELD Tues. Wed. Thurs.**

**3:15-4:45**



**Funded by the Joey Fournier Services**

## Second Step

**Making beats to relax, restore, heal and have fun!  
Empathy, Impulse Control & Anger Management**



## SECOND STEP After-School Program “Bucket Drumming”

The drumming circle will be a grounding exercise in stress management and new ways to develop positive coping skills. This will be a constructive and fun way to experience something new while learning valuable Second Step skills as ways to prevent violence, get along with peers and staff and to self-regulate.



## **Unit 9:**

### **Managing Emotions & Coping With Stress**

**Drumming as a strategy for managing emotions and reducing stress**

**Breathing & Grounding Techniques to self-regulate emotions**



**Using “CIRCLES” to:**

**Help others**

**Be a part of a club**

**Bucket drumming beats**

**Breathing & Drumming**



## Christopher B. Grade 8

I enjoyed being a part of the Bucket Drumming Club because it helped me to relax and de-stress. It also gave me something to do after school and I made new friends. The club was fun and gave me the chance to learn new skills...mostly a way to express my anger/frustration in a healthy way.

# Angelique, Giannys & Jerisel



1-2-3-4

BREATHE

1-2-3-4

DRUMS



When you can't

feel any thing else you

can always feel the beat ♡

Bucket drumming for eva!







MAKING  
BEATS ...

The image shows a yellow sticky note with hand-drawn musical notation in green ink. On the left, there is a quarter note. To its right is a half note. Further right is a five-line musical staff. Below these drawings, the words "MAKING BEATS ..." are written in a simple, hand-drawn font.



People will always miss you  
and love you

# Bucket + Drumming!

(sticks and stones may break my bones but words will never hurt me - ???)

2nd part?

Bucket drumming has calmed me down  
on the days I had a bad day  
Playing beats made me happy too!

I cannot be able to do it  
any more at home but that  
doesn't mean I won't try!

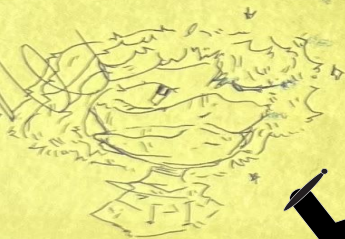
Keep on trying.  
life isn't always fair  
but that does not mean it will  
always be bad. hope  
how bad things are



never lose hope  
right thing.



People care!  
it may not seem  
but people do  
in this world. all



never lose hope.  
you will be alright.  
- my maria said that once





Angelique Hernandez cycle 1-2

[https://www.youtube.com/watch?v=\\_aAuf42Z0Ai](https://www.youtube.com/watch?v=_aAuf42Z0Ai)

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