



# IGF Kids Video Lesson

**Video Title:** *Episode 6: Drumming*

**Description:** *All of Tearra's friends have cell phones, but she does not and feels left out. Her mom shows her how to play the drums, which helps her feel better and also sparks an idea to form a band.*

**Guiding Question:** *How does drumming calm your body?*

- Students will experience how drumming creates vibrations throughout their body
- Students will learn how to create vibrations in their body
- Students will be able to define vibrations and what they do for their body

**Ask students to:**

- Drum on their chests
- Connect previous knowledge of the Amygdala to today's episode
- Come up with other ways to create vibrations in the body
- Practice along with the tool in the video

## PLAY VIDEO

**PAUSE VIDEO: (1 MIN 31 SEC)** *Tearra explains why she feels so down*

**ASK:**

- Raise your hand if you have ever felt left out
- How does being left out make you feel?
- Do you think getting a phone is the only solution to how Tearra is feeling?

**PAUSE VIDEO: (4 MIN 12 SEC)** *Build your own drum*

**ASK:**

- How does drumming make us smarter?
- When did drumming start? Where?

## MENTION

We will be using our chests as a drum and our hands as our drum sticks. For this practice, please pat your chest as you follow along with Matt and his team of drummers! Notice if you feel the vibrations from your hands to your chest and throughout your body.

REMIND STUDENTS TO:

Pay attention and follow along with the practice the IGF Kids are going to share. (Be in a spot where students can see you practice along with them.)

**PAUSE VIDEO: (6 MIN 27 SEC)** *After Vocab Word of the day*

**ASK:**

- Who remembers what the Amygdala is?
- How do we normally activate our Amygdala?
- How does Matt say Drumming activates our Amygdala?
- Do you think it was a good idea for mom to have Tearra drum?

**CONTINUE VIDEO**

**REFLECTION**

- Does technology always make us feel good, why or why not?
- Share some things we can do to help ourselves feel better when we feel left out?