



Wellness Tools for Kids

Bomba

Bomba is music created by enslaved Africans on the island of Puerto Rico. They danced, played drums, and sang using call and response to express their feelings. Create your own Bomba song to express how you feel!

Instructions

- 1.** Find something to use as a drum, it can be a box, pot or pan, or a maraca. Be creative!
- 2.** The dancers start and the drummers create the beat to match the dancers.
- 3.** Sing a song about how you feel, remember the call and response.
- 4.** Have fun!

