

Wellness Tools for Kids

Drumming Meditation

Drumming is a great workout for the brain. Drumming makes us use the left and right sides of our brain at the same time, which helps make us smarter. Drumming also helps us to feel better by releasing negative emotions, like anger and sadness, from our body.

Instructions

- 1.** Choose your drum. You can use a real drum or make your own. Be creative!
- 2.** First, we need calm and focus our body. Start by inhaling for four counts and exhaling for four counts.
- 3.** On the next inhale, play your drum, getting faster and louder as you inhale.
- 4.** As you exhale, slow down your drumming and play quieter.
- 5.** Repeat at least four times.
- 6.** Take one last deep breath and notice how you feel.

