



INNOVATIVE RHYTHMS

OBJECTIVES:

- To develop musical creativity using unconventional instruments.
- To stimulate collaboration between inmates through the collective creation of rhythms.
- To promote a therapeutic approach through musical expression.

CHALLENGES&TIPS:

Challenge: Create an engaging rhythm using only objects available in the prison environment. Record and document the rhythm created.

Tip: Experiment with different textures and sounds of the objects to create a unique percussion.

Tip: Use mobile devices or other available means to record the musical production.

PRESENTATION

The trainer begins the activity by presenting the objective of creating unique rhythms using only materials available in the prison environment.

The inmates are organised into groups and instructed to explore the materials at hand, such as plastic containers, kitchen utensils, empty cans, or any object that can produce sound.

The challenge is for each group to create a rhythm lasting at least one minute.

The trainer encourages experimentation and communication between the participants, encouraging the use of different textures and sounds to build a unique percussion.

After creating the rhythms, the groups are instructed to record their compositions.

Reaching the final stage, each group presents its creation to the rest of the group. The trainer leads a discussion about the sound choices made, the experience of creation and the possible therapeutic benefits of the activity.

PARTICIPANTS: There is no number limit

SPACE: Classroom or music room.

DURATION: suggested timeframe could be approximately 1 to 1.5 hours.

MATERIAL NEEDED: Any object in the room that can make a sound. For example pens, plastic containers, kitchen utensils, empty cans, bottles,...