

The Art of Rhythm for an holistic approach in Education

Purpose

The purpose of this course is to introduce and help participants to use the acquired knowledge about how rhythm works as an alternative cross curricular teaching method for all students.

It also aims to raise awareness why music reinforces students' inclusion, self-esteem, wellness so that to achieve better educational results.

Objectives

- To understand why rhythm is a useful tool.
- To enrich the teaching of all subjects through the holistic, experiential expression of rhythm.
- To create incentives for learning and self and professional development.
- To help students improve their concentration, active listening and mnemonic skills.
- To help students learn how to control their psychomotor, to be responsible, to have the feeling of wellness, to find new paths to contact other people, to express their feelings, to be more happy.
- To improve communication, creativity in pedagogical practice and the quality of the relationships among all the members of the school community.
- To increase self-sufficiency.

Agenda

DAY 1

- Introductory meeting, explanation of practical arrangements, presentation of timetable, information about course venue.
- Icebreaking activities.
- Introduction to the art of Konnakol.

DAY 2

- Inner rhythm
 - What is inner rhythm? How can we use it?
- Audio therapy and pedagogy
 - Why can they be useful?

DAY 3

- Body percussion
 - The approach our own body as a musical instrument and its benefits.

DAY 4

- Teaching techniques in a variety of percussion instruments, with emphasis on Frame drums, Udu, Toumbi (small drum from Crete) and the Cajon.

DAY 5

- Performance of a musical text with pre-recorded material to play along.

DAY 5

- Presentation and analysis of different musical styles.
- The participants will have the opportunity to come into contact with a variety of cultural stimuli, expanding their spiritual horizons and gaining intercultural education.
- Evaluation of the seminar
- Building Network of participants



Methods

- Workshops*
- Team work, lectures
- Lectures

**musical instruments needed for the workshops are provided by the instructor*

Target Groups

Teachers working in all levels of education (kindergartens, primary, secondary, vocational education and universities)

Place

Rethymno, Crete, Greece
Athens, Greece
Limassol, Cyprus

