Handout for Drumming and the School Nurse – Kay Heley

I. School nurse goal to promote resiliency in children – caring relationships, high expectations, opportunities for participation and contribution, cultural identity.

II. Biomedical research abounds on the healing effects of drumming
   A. Drumming creates new neural pathways (Black, 2009)
   B. Drumming helps with anger (Burt, 1995)
   C. Drumming reverses body’s stress response (Bittman, et al 2001)
   D. Drumming treats PTSD symptoms (Bensimon, 2008)
   E. Drumming increases neuronal activity (Creutzfeldt, 1989)
   F. Drumming treats addiction (Winkelman, 2003), (WHO, 1993)
   G. Drumming builds community.

III. Drumming is accessible and inexpensive
   A. Can use plastic buckets, sticks, table and hands
   B. Have to listen to each other due to polyrhythms
   C. Participatory exercise

IV. Think about drumming in your school
   A. Check with music teachers – many are getting quite involved with drumming
   B. Grants to purchase drums – Read the Beat at Antioch Middle School
   C. Drumming and reading – Reading and Rhythm Program
      (http://www.dfyl.org/index.html)
   D. Consider an after-school drum session
   E. Consider having a drum in your office
   F. Consider encouraging students to drum, especially those that need a safe spot.
   G. Drumming is part of most cultures – ask international students questions about drums

V. Works Cited


Kay Heley can be reached at kayheley@gmail.com for questions or drumming experiences.