

## CORNERSTONE 2022 RESOURCE

### Vocal Improv Rhythm Cycle Energize your Day

<b>AUTHOR(S):</b>	Jon Adam Ross
<b>SUMMARY:</b>	We will activate our bodies to create sound together in an improvisational musical exercise.
<b>ABC GOALS:</b>	<p><b>Affective:</b> Participants will feel....</p> <ul style="list-style-type: none"> <li>• Collaborative</li> <li>• Emotionally connected (hopefully!)</li> <li>• Creative</li> </ul> <p><b>Behavior:</b> Participants will be able to...</p> <ul style="list-style-type: none"> <li>• Listen</li> <li>• Step up and step back</li> <li>• Play</li> </ul> <p><b>Cognitive:</b> Participants will know...</p> <ul style="list-style-type: none"> <li>• Magic comes from minyan</li> </ul>
<b>AUDIENCE:</b>	This is for any age or group size
<b>TIMING:</b>	It's an exercise that is like water. It can expand or contract to fit any size container.
<b>APPENDICES:</b>	n/a
<b>MATERIALS NEEDED:</b>	None
<b>SET-UP DETAILS:</b>	<p>In a place where folks can sit in a circle on the floor or in chairs and that won't distract other programs (it could/will get LOUD)</p> <p>Either no furniture or chairs in a circle or pillows on the floor</p>



## CORNERSTONE 2022 RESOURCE

### SESSION TIMELINE

[Please provide a very brief listing of the sections of your program and their timing. Please be sure to replace the example]

- 00:00-00:03 - Introductions, setting group norms
- 00:03-00:15 – We play!
- 00:15-00:20 – we debrief

### SESSION OUTLINE:

[Please provide a DETAILED step-by-step breakdown of how to run this program based on the timing above. Please be sure to replace the example]

00:00-00:03 – Session leader will introduce the concept of what’s about to happen and the ground rules:

- No ambulatory movement (I.e., stay in your place – you can stand, but this is a vocal exercise)
- No use of recognizable words
- Introducing the concept of tzimtzum – where are their holes to be filled and when is it appropriate to step back?

00:05-00:15 - Session leader leads group the exercise by just...starting with a vocal rhythm on repeat until the improv takes over.

00:15-00:20 - Session leader facilitates a group dialogue using the following prompts and reading the room:

- What did you feel?
- What did you notice?
- How and when could you use this at camp?