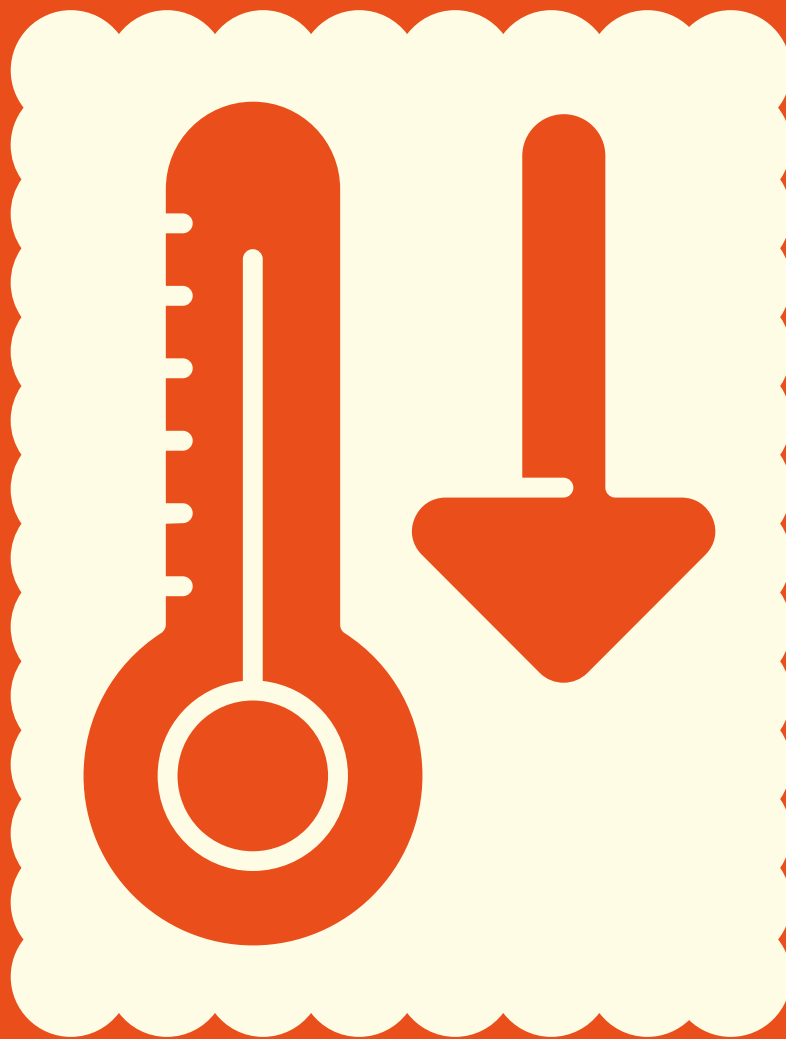


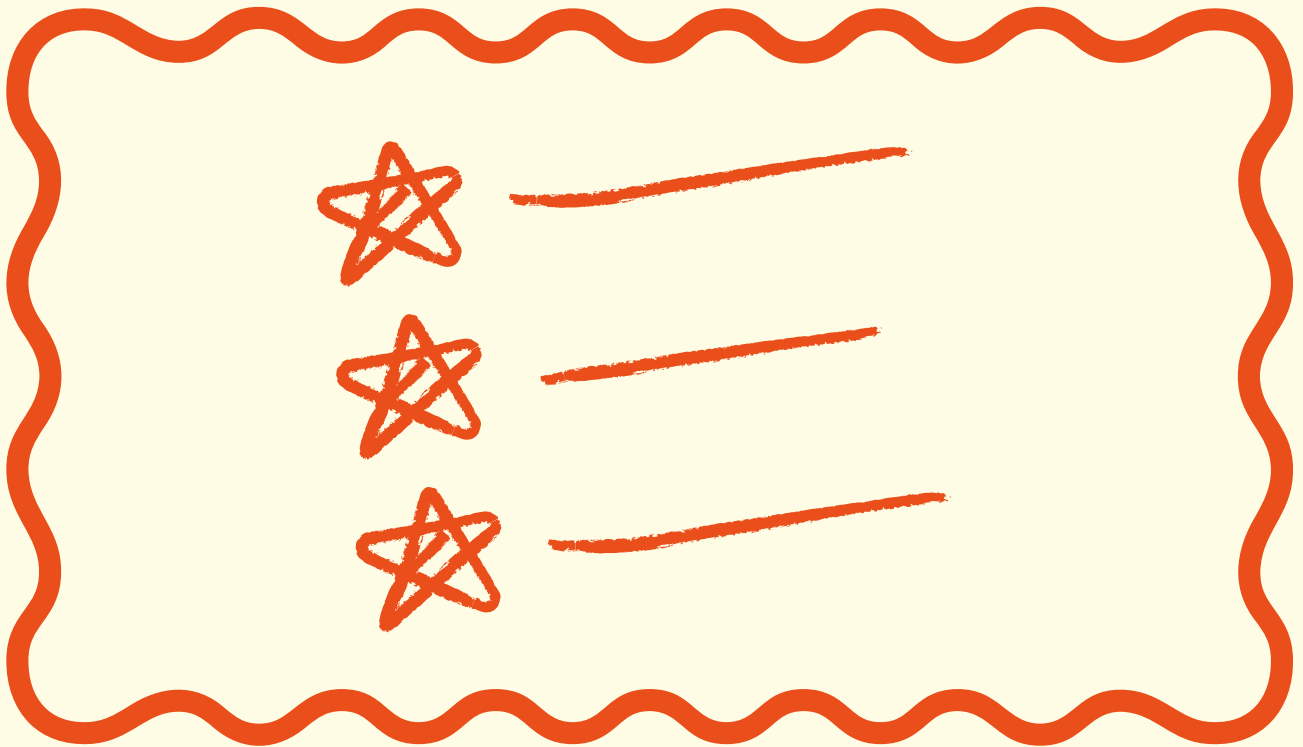
NYJO

Cool Down Exercises



CREATED BY MILES PILLINGER

Learning Objectives



In this worksheet we will be looking at exercises that focus on improving a person's internal pulse, focus, awareness, and reactivity whilst aiming to help relax the mind after a challenging workshop.

Activity 1 looks at focusing the mind. This task is not technically difficult but requires focus especially when more elements are added. This focused mentality allows students to centre their mind, almost like meditation.

Activity 2 looks at relaxing the mind with a mental and physical stretch through free improvisation. This task allows the students to release any left over energy whilst being expressive within limited rules, shaking off any tension/frustration from a challenging workshop.



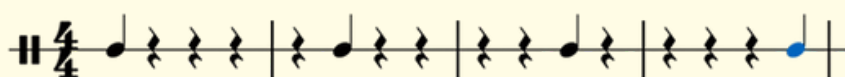
Clapping Game



1. Firstly, you should clap a tempo in a 4 beat cycle and ask the students to clap on beat 1 (although any beat can be used eg. “clap on beat 3 of the cycle”. You should continue clapping throughout this to keep the tempo.

Once a strong pulse has been established, you should explain that you can change the tempo by clapping slower or faster, and you can also stop clapping but the students must continue to clap in time on the given beat! This means they will have to use their internal pulse to keep time.

Once the elements of tempo change and internal pulse are strong we can move onto a 4 bar cycle. This cycle will be; every bar the clap will move back 1 beat.



You can apply tempo changes and internal pulse to this cycle.

Finally, you should divide into 4 groups and each group will start the cycle 1 bar apart. This task requires a lot of focus to keep your internal pulse, to remember where you are in the cycle, as well as making sure to be proactively listening for any tempo change. Every stage in this activity will help improve musicianship for any level.

Rhythmic Improvisation

In a circle, establish a tempo with stomping in 4/4. Add a groove using your body as percussion. This could be any groove but here are some examples....



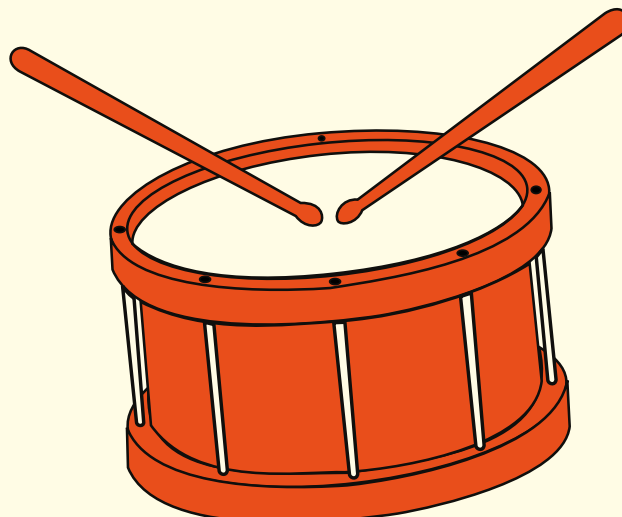
Latin. 2 part clap



Funk. 2 part clap/ chest slap for bass

Going around the circle, preferably passing a piece of percussion (so it can be heard over the groove) around, each participant will take it in turns to improvise anything they want with the groove as a backing. The most important thing during this cooldown is to let off any steam, and you must stress the importance of being free to play anything you want, with the only rule being to listen to the groove whilst you improvise. You can use percussion or body percussion for this exercise.

To develop this activity you can ask participants to create their own groove. This groove should consist of a low part to represent the bass part and a high part to represent a cowbell, this is how I have created the examples above. You can then repeat the improv circle but now using their made up groove.





If you have any questions about the content within this worksheet, please contact us on projects@nyjo.org.uk.

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