



## RHYTHM ADVENTURES

Take a musical and rhythmical step towards team building. Give your associates an opportunity to work together and strengthen their relationships via the rigors and challenges of drumming and percussion. This event is designed as an exercise that engages participants in ways that they never have before — rhythmically! The great thing is that no musical training or ability is required. In fact, the less the better! The musical performance output at the end is the fun and over-the-top expression of the team triumphantly completing the challenges and tasks of finding, building and using a collection of rag-tag percussion instruments.

Rhythm Adventures is a new way for your team to have a lot of fun in an unpredictable way with rhythm and music. Find instruments, build instruments, create rhythms and perform in the most creative and big-fun way possible.

**How it works:** Participants are split up into teams with assigned roles and responsibilities, and accept the challenge of creating their own unique instruments, rhythms and sounds. Each team will have to hunt and procure hidden instruments. They will also have to use local materials to build new percussion sounds (optional). Teams will be tasked to create in-the-moment music using their new instruments. The in-the-moment team performance will include the challenge of duets, solos and other fun over-the-top creative expression.

The event starts with each team choosing a leader, timekeeper, team name and scribe. Instructions are verbally given—and only once. No one is allowed to write the instructions down. Teams will only get all of the instructions once they collaborate, listen and communicate with one another. Only then can the scribe begin to jot things down. Then the hunt and/or the building of instruments begin. Teams will be tasked to create a rhythm/groove and song, and prepare to perform it using all the instruments in their possession. The performance is set up to be over-the-top-tongue-in-cheek fun. The end of the adventure is a closing rhythmical jam session with all of the teams playing together and rocking it out with all of their instruments.

Layers of competition may be added for funniest performance, most unique instrument created etc. (additional fees may apply).

### WHY A RHYTHM ADVENTURE?

- Unique opportunity to team build in a non-traditional way
- Challenges teams to discover new things about each other that can only come out in a musical or rhythmical environment
- Inside or Outside activity
- Emphasizes listening and cooperation



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