Reflective Practices: Music Exercise

**Materials needed:**
Drums or any kind of musical instrument

**People needed:**
3 or more
1 facilitator

**Instructions:**
The facilitator will instruct a group member to create the sounds of his or her personal system using the musical instrument. This could mean the sounds of the body, work environment, family, neighborhood, or other personal systems. For example, perhaps a stressful work environment is represented by loud and fast beats of the drum. No musical experience is necessary. The rest of the group listens and takes turns creating their own musical systems.

**Reflect:**
What surprised you about the different sounds you were able to create? What did you learn about the other group members by listening to their sound systems?