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submitted by Mindy Fulk of Rehabilitation Institute of Michigan on Friday, June 1, 2001

Size: 2 - 10

Equipment: Small percussion Musical Instruments, drum sticks, maracas, tambourines, etc.

Objective:

1. Increase attention
2. Increase mental flexibility
3. Increase short-term memory
4. Increase participation in group activities

Description: Everyone gets an instrument. Chose someone to lead the activity that is comfortable with using percussion instruments. The leader plays a simple rhythm (start with 2-3 beats) and the group plays it back together. You can increase the complexity of rhythms and number of beats as the activity progresses.

SOME ADAPTATIONS:

- a)Some patients may also like to lead the activity.
- b)You can make this competitive and give a reward to the 'last person standing'. To do this, every time a person plays the rhythm incorrectly, they are out of the game. The leader should increase the speed and complexity of the rhythms.
- c)Have the leader play to one person at a time, that person plays the rhythm back, then the next, then the next, and so on.