



TALLEBUDGERA
OUTDOOR & ENVIRONMENTAL
EDUCATION CENTRE

Rhythm Discovery - Year 6

Overview

Of all the musical elements, it can be said that rhythm is the most powerful metaphor for life. It permeates every aspect of our lives from the rhythms in our bodies to the rhythms and cycles of the natural world. It can symbolise patterns in our thoughts, behaviours and the way we “tune in” with each other. On this journey participants will explore the questions:

What are the healthy rhythms in my life?

What are the disruptive rhythms in my life?

What are the “bass notes” that hold myself and others together in healthy and respectful ways?

Designed using elements of Simon Faulkner’s Rhythm to Recovery program, *Rhythm Discovery* is an adventure-based, nature therapy program facilitated over five days in the beautiful surroundings of the Currumbin Valley.

Focusing on social and emotional development, the program encompasses contemporary Rites of Passage elements to support young people to heighten their awareness of themselves, their connection with others and nature. By overcoming challenges and building confidence, participants can then create a positive vision for their future.



Curriculum Intent

General Capabilities

Personal and Social Capability (Iv 4)

Self-awareness: Describe the influence that personal qualities and strengths have on their learning outcomes.

Self-management: Devise strategies and formulate plans to assist in the completion of challenging tasks and the maintenance of personal safety.

Social Awareness: Identify the differences between positive and negative relationships and ways of managing these.

Social management: contribute to groups and teams, suggesting improvements in methods for group investigations and projects.

Cross-curriculum Priorities

Aboriginal and Torres Strait Islander Histories and Cultures



Camp Activities Overview

Rhythm Discovery Drum Circle

This exciting activity underpins the camp experience. Using African djembes, students will participate in a drum circle to open a conversation using simple drumming techniques that are accessible for everyone. The group will explore their own unique rhythms and group dynamics while also establishing the bass note for their group norms. They will then carry the rhythm metaphor through their week.

Overnight Expedition—Yanbalehla Jagun and Valley to Alley Paddle

Fundamental to this camp is a two-day, overnight expedition. Students' will complete upon a challenging full-day bushwalk, overnight campout and dragon boat journey that begins in the heart of the Currumbin Valley and finishes at the ocean. This journey is underpinned by storytelling, as students are supported to reflect on their personal and groups' rhythms and overcome challenges by utilising communication, social skills and resilience strategies.

Wellbeing

This activity session is designed to promote self-awareness, wellness and resilience. Guided meditations, nature play, yoga and a number of mindfulness and gratitude rotations will provide opportunities for students to explore their healthy rhythms and develop wellbeing strategies through student-led discovery.

Vision, Story and Honouring

Students will be guided through an activity that will enable them to create a vision for their future while also reflecting on their story that has been revealed through *Rhythm Discovery*. To conclude, an honouring circle will allow for the sharing, receiving and recognition of each group members' story, gifts and journey.

Sample Program

	DAY PROGRAM		NIGHT PROGRAM
MON	MIBINN	KAGARU	
	Acknowledgement of country Icebreakers + Dingo Story		7.00pm – 9.00pm
	12.00pm - LUNCH 1.00pm - AFTERNOON ACTIVITIES		ASTRONOMY NIGHT (Run by CVC staff)
	RHYTHM DISCOVERY DRUMMING CIRCLE	RHYTHM DISCOVERY DRUMMING CIRCLE JOURNEY PREP	
	4.00pm - RHYTHM RECOVERY/SHOWERS 5.30pm - DINNER		
TUES	6.45am - MORNING WELLBEING SESSION 7.30am - BREAKFAST 8.30am - MORNING REFLECTION / ACTIVITIES		7.00pm – 9.00pm
	ROCKCLIMBING	YANBALEHLA JAGUN VALLEY BUSHWALK	NIGHT WALK (CVC Staff)
	12.00pm - LUNCH 1.00pm - AFTERNOON ACTIVITIES		CAMP FIRE (Visiting staff)
	WELLBEING + JOURNEY PREP	TENT SET UP/COOKING ENTERTAINMENT/STORY	
	4.00pm - RHYTHM RECOVERY/SHOWERS 5.30pm - DINNER		
WED	6.45am - MORNING WELLBEING SESSION 7.30am - BREAKFAST		7.00pm – 9.00pm
	YANBALEHLA JAGUN VALLEY BUSHWALK	DRAGON BOATING / KAYAKING VALLEY TO ALLEY	NIGHT WALK (CVC Staff)
	12.00pm - LUNCH 1.00pm - AFTERNOON ACTIVITIES		CAMP FIRE (Visiting staff)
	TENT SET UP/COOKING ENTERTAINMENT/STORY	DRAGON BOATING / KAYAKING VALLEY TO ALLEY / SWIM	
	4.00pm - RHYTHM RECOVERY/SHOWERS 5.30pm - DINNER		
THURS	6.45am - MORNING WELLBEING SESSION 7.30am - BREAKFAST		7.00pm – 9.00pm
	DRAGON BOATING / KAYAKING VALLEY TO ALLEY	ROCKCLIMBING	MOVIE NIGHT
	12.00pm - LUNCH 1.00pm - AFTERNOON ACTIVITIES		
	DRAGON BOATING / KAYAKING VALLEY TO ALLEY / SWIM	WELLBEING	
	4.00pm - RHYTHM RECOVERY/SHOWERS 5.30pm - DINNER		
FRI	6.45am - PACK UP CABINS – BAGS TO DEPARTURE AREA 7.30am - BREAKFAST 8.45am - MORNING ACTIVITIES		IMPORTANT NOTE: Shaded programming areas are the responsibility of visiting teachers/supervisors.
	VISION	VISION	
	STORY/HONORING	STORY/HONORING	
	ROCK POOL SWIM		
	12.00pm - LUNCH 1.00pm - DEPART		