

THE FAMILY SUNDAYS RUBIN AT HOME



DAMARU DRUM BEATS

ABOUT

What makes music sound happy, sad, or scary? What types of sound might you connect with anger? Inspired by the Mandala Lab's gongs in the East Quadrant, this month practice being aware of your emotions by making your own instrument! Create your own hand-held Damaru-inspired drum, an instrument used for meditation practice in Tibetan Buddhism and Hinduism. How might you describe the sound of your drum? How does that sound make you feel?



Hand-held drum (damaru)
Early 20th Century, Tibet

MATERIALS

1. 2 paper cups of the same size
2. Masking tape or scotch tape
3. A piece of yarn or string
4. 2 beads (or toothpicks to play the drum)
5. Paper, 2 balloons, or cling wrap for drum head
6. Scissors
7. Additional materials for decorating (markers, crayons, construction paper, glue, etc)

INSTRUCTIONS

- Step 1** Tape your two paper cups securely together at the bottom, so that the cups face away from each other.
- Step 2** **Option 1**-If you are using paper for your damaru drum head, trace the top of the cup on a piece of paper and cut out two of these circles. Feel free to decorate them however you would like. Use tape or glue to fasten each paper circle to the top of the cup. Do this on both sides.
- Option 2**-If you are using balloons for your damaru drum head, cut off the bottom of the balloon so that you have only the large round body of the balloon left. Stretch this over the top of the cup, and tape around the bottom to attach it to the cup. Do this on both sides.
- Option 3**-If you are using cling wrap for your damaru drum head, stretch a piece of cling wrap around the top of each cup, and use tape to keep it in place.
- Step 3** Decorate your cups using markers, construction paper, crayons, or anything else!
- Step 4** Wrap a piece of yarn once or twice around the center of the drum where the two cups connect. Tie it to the cups and then attach a bead at each end of the yarn. When you shake the drum back and forth, the beads should be able to hit the two drum heads. If you don't have any beads, instead use toothpicks or your fingers to lightly tap the drum.
- Step 5** Try playing your damaru! What kind of sound does it make? How does the sound make you feel?

