

PAK ENRICHMENT CAMP (SUMMER) 2025

DRUMMING CLASS

The campers participate in this class to help improve their motor skills. They are very talented and create their own beats and rhythms using their minds. Drumming has multiple benefits including cognitive, social, motor, and emotional expressions. Drumming is one of the children's favorite class to attend. They spend time with nature while learning this important motor skill!



Motor skills

- **Drumming requires the brain to send precise signals to the muscles in the hands, feet, and arms to execute complex patterns and rhythms.**
- **This involves a high degree of coordination and fine motor control.**



Cognitive skills

- **Drumming demands focus, concentration, and the ability to process information quickly, especially when learning and adapting to new rhythms and patterns.**



Social skills

- **Drumming can be a social activity, providing opportunities for interaction and collaboration within a band or group setting.**

Emotional expression

- **Drumming can be a cathartic and expressive outlet, allowing individuals to release emotions and engage in creative activities.**
- **Drumming also fosters time management, patience, discipline, and communication skills, which are valuable in various aspects of life.**



