

Theoretical Model underpinning DRUMBEAT

Individual level benefits

Positive mood

- Enjoyment
- Cathartic drumming to release stress
- Reduced negativity – increased empathy

Sense of achievement

- Increased aptitude
- Improved levels of concentration, perseverance & commitment

Increase in self-confidence & self-esteem

- Positive feed-back from others
- Increased self-regard

Group level benefits

Goals reached through cooperation with others

- Greater ease in group situation
- Opportunities for altruism
- Recognition of the rewards of positive group membership

Feeling of belonging with more trust and less antagonism

- Exposed to positive role-modelling
- Supporting relationship with facilitators
- Improved attitude towards others

School and broader community benefits

Promotes constructive & cooperative behaviours

- Interact with others
- Listening & Empathising
- Problem-solving
- Sharing
- Tolerating difference
- Developing social skills
- Increased awareness of the effect of behaviours on others
- Raised self-awareness around relationship issues

Building positive relationships with peers, family & community

- Increased feelings of self-worth
- Improvements in social participation in other learning situations
- Improved school performance
- Reduced school absenteeism
- Increased level of social interaction
- Increased levels of social confidence
- Increased community connection