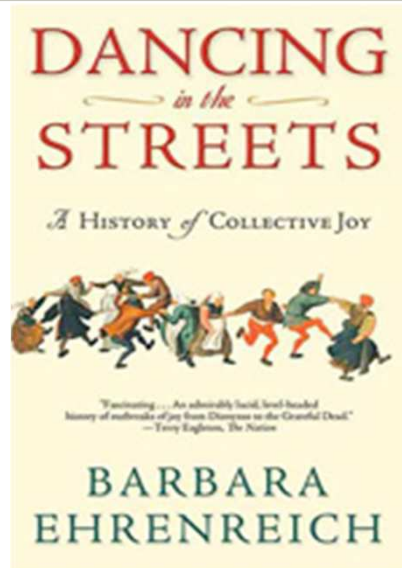


# Collective Joy in the Middle School Band Room

October 21, 2011

CBC Radio Program- Tapestry with host Mary Hynes

<http://www.cbc.ca/tapestry/episode/2009/11/15/collective-joy---barbara-ehrenreich>



*“the largely ignored and incommunicable thrill of the group united....in exaltation”- Ehrenreich*



Universal ingredients:

*Attire / costume*

*Music*

*Dance*

*Food / feast / drink*



*The feeling of being part of something larger than one's self*

*The goose bumps that occur when we are actively participating on a team / within an ensemble*

*The phenomenon of the feeling that a group activity can create (dance / music / sport steam)*

## Incorporating 'Collective Joy' into our rehearsal rooms

- Create a safe and trusting environment
- Nurture a positive rehearsal atmosphere
  - Celebrate the small steps together
- Encourage the expression of celebration for one another
  - Create opportunities for success
  - Conclude the rehearsal on a positive note
- Create as many 'goose bump moments' as possible within our music making

