



BERHYTHMIC



FIND A SEAT

**and something
to write with**



AIRPLANE MODE

**Enjoy 75 minutes
here together**



I Needed That.

a BERRHYTHMIC workshop

w/ Luke Graner



DAD (4 BOYS)

HUSBAND

MUSIC

WEB GUY

ANIMAL



My Rhythm

Drum Circles
In the Woods
On the Stage

Take care of
the Animal so you
can be Human.



**Tune
In**

Breath

BREATHE W/ THE BEAT

root into now

Let Go

listen & count
breathe in, breathe out
move with rhythm

IN-2-3-4 OUT-2-3-4

Breathe with the music

~ in for 4 beats

~ out for 4 beats

~ smooth like a circle

Move to the music

~ sit & stretch

~ sway & stretch

~ snap & tap

Breath

root into “now”

Regulate the nervous system
– rhythm slows the breath and shifts the body out of stress and into calm

Creates a sense of safety
– predictable rhythm is grounding, like a heartbeat or rocking motion

Anchors attention
– syncing breath and movement to music keeps the mind from wandering

PAUSE. Take a SLOW deep BREATH

LOOK. Notice the GOOD around YOU

LISTEN. Sounds GUIDE your ATTENTION

Thoughts come and go...they always do.

breathe easy

be here

you're home

home

present

calm

peaceful

rest

flow

engaged

release

regulated

away

thinking

agitated

worried

stress

stuck

distracted

hold tight

disregulated

Breath

What's Your Rhythm?

RESET • ROUTINE • NOVELTY



**Tune
In**

Body

FEET ON THE BEAT

move into rhythm

Rhythm Walk

walk or march
breathe in, breathe out
explore the rhythm

IN-L-R-L OUT-L-R-L

Feet on the Beat

- ~ find the beat
- ~ count 1-2-1-2
- ~ walk, march, skip

Breathe w/ the Beat

- ~ find your rhythm
- ~ play with movement

Body

move into rhythm

Regulate from the ground up
– steady steps send calming signals
through the body and brain

Build internal rhythm

– walking, dancing, or swaying
tunes your body to a steady beat

Anchors attention

– syncing breath and movement to
music keeps the mind from wandering

STEP. Put your FEET on
the BEAT (R-L-R-L)

BREATHE. In 4 beats
OUT 4 beats

FEEL. Notice the RHYTHM
AROUND you

Your body is the beat. Let it guide you.

move with purpose

walk with rhythm

you belong

Body

What's Your Rhythm?

CONNECT • NATURE • ACTIVATE



**Tune
In**

The Beat

DRUM THE BEAT

play with sound

Play In Rhythm

slap legs to the beat
walk hands on the beat
breathe with the beat

1-2-3-REST 1-2-3-REST

Listen & Feel it

- ~ active listening
- ~ count the beat
- ~ start simple

Drum Games

- ~ Echo (call & response)
- ~ Do What I Do
- ~ Loops & Layers

The Beat

play with sound

Feel free to play

– no wrong notes,
just the beat you're bringing

Play the beat, feel the pulse

– body percussion, drums, brushes,
or anything that taps into timing

Build rhythm literacy

– practicing beat patterns helps
develop timing, coordination,
and group awareness

LISTEN. Let the RHYTHM
LEAD the way

FEEL. Find the BEAT
Let it OUT

PLAY. Start SIMPLE
stay TOGETHER

You *are* the rhythm...music is your guide.

be heard.

be felt.

be rhythmic.

The Beat

What's Your Rhythm?

LISTEN • SHARE • PLAY

benefits

calm nerves

bring energy

build community

confidence

healthy routine

engaged

easy wins

grow skills

be happy

Neurosequential Model “Regulate before you educate.”

- Rhythmic activities are essential bottom-up strategies
- Prepares the brain for higher-level thinking and emotional control
- Especially impactful in early childhood, special ed, and trauma-informed settings

Polyvagal Theory “Rhythm regulates.”

- Rhythmic breath and movement stimulate the ventral vagus nerve
- Helps students and adults feel safe, grounded, and present
- Core principle in trauma-informed and mindfulness-based practices

Brainwaves “The brain syncs to the beat.”

- Music and repetitive rhythm entrain neural oscillations
- Helps move us into flow states, calm attention, and inner-body awareness
- Builds focus and coherence in classrooms and therapy

challenges

disregulation

noise sensitivity

commitment

belief / doubt (I can't)

voice / approach

stage fright

physical discomfort

Let's Talk About It!

What are your barriers
to implementing music
and rhythmic activities
in your life and work?



**Tune
In**



**Turn
Up**



**Take
Care**



**Turn it
Loose**

BE RHYTHMIC

KEEP IT SIMPLE

MORE CHALLENGING

MORE EXPRESSIVE

Breath

BREATHE W/ THE BEAT

Let Go

listen & count
breathe in, breathe out
move with rhythm

IN-2-3-4 OUT-2-3-4

88 4444

listen & count
breathe w/ the beat
tap w/ the beat

IN 8 OUT 8 , IN 4 OUT 4 (x2)

Three Step

sway, walk or waltz
breathe in tap right
breathe out tap left

IN 6 OUT 6 , IN 3 OUT 3

Be Poetic

write a lyric
find your rhythm
take a turn

USE YOUR VOICE

Body

FEET ON THE BEAT

Rhythm Walk

walk or march
breathe in, breathe out
explore the rhythm

IN-L-R-L OUT-L-R-L

DWID Dance

follow the leader
start with your head
down to your feet

DO WHAT I DO

Reggae Drop

feel the one drop
breathe & snap fingers
clap on 7 & 8

1-D-3-D-5-D-7&8

Be Athletic

walk or march
breathe w/ the beat
tap knees, tap feet

TRY SETS OF 4 - 2 - 1

Beat

DRUM THE BEAT

Play In Rhythm

slap legs to the beat
walk hands on the beat
breathe with the beat

1-2-3-REST 1-2-3-REST

The 1-2

slap & clap
stomp & snap
play the echo game

1-2-1-2 1-2-3&4

Wait Your Turn

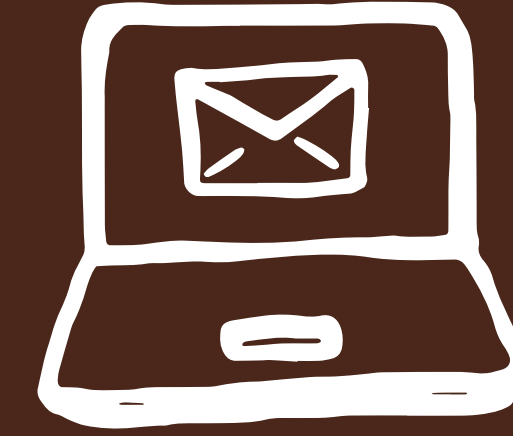
listen to the beat
leader starts
come in one at a time

BONUS: ADD YOUR OWN

Be Rhythmic

split into groups
play your part
take a solo

MAKE UP THE BEAT



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connect with me!

BERHYTHMIC