

Hello Everybody

No one's probably here yet

But were going to start video

Uh and were going to see who jumps on to join us

So in the meantime I will just play a little rhythms for you

As people come on

music, drumming

This is our quarantine songs jam session

So if you can't make it live

We'll have the recording for you,

Shortly after

If you're watching the recording

Later on

You can take this time

To gather up whatever you have laying around the house to use as a percussion instrument

If you're on a call

Not a call

So many zoom things lately

If you're joining us live

Comment

Say hello, say how are you?

Say hello to each other

Comment with song maybe that you've been thinking of that you want to play today

Hi Caroline!

Too far from my phone, I can't see

Amy, Hi Amy

Feel free to play along with me as people come on with us

If you're not a drummer, don't worry

The whole session won't just be us doing this without any instruction

This is just to get started
Feel the vibe
Get in the mood
Feel free to comment with a song that you want us to play today
Any cool quarantine themed songs
Or anything you've been listening to
Can't promise that I'll know it
But we might be able to play it today
Alright, so we will get started, we've got a few people with us today
So that's awesome, um
Hello everybody, my name is Alisha
I am the owner of Just Add Rhythm
Where we take you from zero to drumming in 60 seconds
Let's all start with a nice big deep breath in through our noses
Let it out through the mouth
Let's try it again
In through the nose
And out your mouth
So this is the first time that I have done anything quite like this before
Where people have um
Actually been drumming or playing along or participating
Um if you have been on any zoom calls lately you know that if you try
To do anything musical related there is a sound delay
I hope this won't be the case today with our Facebook live
Because it will just be you and me listening
It'll be you listening to me, I won't know what you're doing back there
But I'm sure you'll be doing a great job
Um so um let's all be patient with each other
If you have any questions you can post them

In the comments section

I'm far away from my phone so I will have to lean forward like that

Sorry about that

Um Hi Samuel

Thanks for watching

Um and we'll get started

So the idea behind this one is uh just to give a little bit of comical relief today

Um I've seen a lot of playlists floating around, quarantine playlists on Spotify

Uh stuff that people are listening to that may not be related to coronavirus or quarantine

Maybe just something that you want to listen to, to brighten your spirits

Uh so we're going to do a little bit of a mix today of different types of songs

Uh first what we're going to do is a little bit of a warmup

Um but before we start playing we just kind of loosen up our bodies a little bit

You may be stressed out

You might be anxious

Um you might even be nervous because maybe you've never played uh an instrument before

Or a found instrument in your house before maybe you've never done that

So we'll uh get through it

Let's see who else is on the call

Greetings from Canada Samuel, that's so awesome that you came to join us today

That's what I love about online

So first um put down drum, were going to start with our hands

Going to rub our hands together

Going to warm up get the blood flowing

Like to do this warmup when we're live in person drumming sessions as well

Shake out our hands

Get them nice and loosey-goosey

Loosen up your wrists

You don't even have to be a drummer to do this

Might just want to take a five minute break and warm up

Wiggle those fingers around a little bit

Magic fingers, scared fingers, whatever

Alright we're going to shake out our arms

If we have any grown-ups with kids joining, I hope that you'll uh take the time to drum with them as well

If you have any kids at home that are taking a break from the distanced learning,

Hopefully they'll want to join us too

Lift our shoulders, we're going to shrug them up and down

Once again getting them nice and loose

I don't know about you but I carry a lot of tension in my shoulders

And my neck

So this is a good way to shrug it out

Roll the shoulders forward

Nice big slow circles

At this point I like to remind everybody, if anything doesn't feel good to you

Feel free to stop doing it or modify it as needed

Change direction, but whatever we do should be feeling good

So if it's not working for you, feel free to change it

Alright we got to um, let's do our neck

So we're going to go up and down

Nice and slow stretching out the back of the neck

Not too fast

Are you doing it along with me?

Cause it would be really weird if we're just sitting here watching me do this

I hope everybody's trying, trying to do it along with me

Alright let's shake our heads no, left and right

Try to look over your shoulder and behind you if you can

Get a nice gentle stretch in the neck

We're going to dip left and right

Try to bring your ear close to your shoulder

Don't over your shoulder to your ear

Awesome

We're going to clasp our fingers together and stretch them out in front of us

And we're going to reach up and over the head

If this feels uncomfortable for you, it does for me today, you can always flip the hands

Like this or keep them like this whatever feels good for you

Now we're just going to go left and right

Get a nice side stretch in

Going out of frame there

On to this side

And if you want you can reach behind you and do the same

We're going to get a stretch in the chest

And try and bring the arms up and over

Once again we try to stay in the camera frame which is very awkward

Let's get a nice stretch in the um the arms

Stretch one arm out

You're going to push gently down with your fingers on your other hand

So I don't know how well you can see that

But getting a nice stretch in the forearm, inside of the forearm

And now we're going to flip it, as if you're making the stop motion

And you're going to push gently those fingers back toward your body

Very, very gently

Is anybody else watching with us, Paul, hi Paul

Who else, Fazal, fazal not sure if I'm saying your name right

I apologize if I'm not saying it right, hello

Lets switch hands, hand out pushing the fingers down towards the floor

Good, hand up, pushing your fingers back towards you, very gently

Awesome so lets shake it all out again

And you can get your lower half involved too, tapping your feet on the floor, moving your legs around

Shaking all your sillies out

Some might still have kids, so we're gonna shake the sillies out

Nice big deep breath in

And out

Awesome so if that felt good to you hit the like button or love button

Or anything like that so I can see if anybody's actually participating with me

Uh that would be awesome

Um we're gonna do a little hemispheric synchronization next

So that's basically uh using both sides of our brain

Our left side and our right side

Our creative and our analytical

What we have to do is um give out all those hand clapping games you might have done when you were a kid

On the playground or if you are a kid maybe you are still learning them

I see some likes and loves, that's awesome

Um so we're gonna start with our hands on our laps

I'm just going to switch as if you're doing the old Charleston dance

Not that anybody on this call would have remembered that

Um but we're gonna switch

You're gonna put your left hand over your right hand

And then your right hand over your left hand

Waking up both sides of our brains

Sorry I keep leaning forward to see what the comments are

I'm too far away from my phone

And I have my contacts in today and they're not the best prescription anymore

Alright so we got that going

So let's do a little hand clapping

We're just gonna reach across the body

Reaching across the body, left and right
Its good for our um full body warm up
As well as our brain warm up
Once again using both sides of our brains
Crossing the line of the occupational therapists
Not that I am one so don't quote me on that
Alright and we're gonna reach up and over
Like a high five but youre reaching across your body
Awesome
And back left and right
I promise we'll get to the jam session
Just getting little bit of warm up in, while we can
And seeing if anybody, any latecomers wanna jump in and come join us
If you're just joining us, welcome we're doing a little warm up
Before we do our jams
And we'll go back to our lap and do some criss crosses for me
One more time
Hello
William, thank you for watching
Four
Three
Two
One
And Stop
Awesome, lets take one more deep breath in through the nose
And out through the mouth
Okay so I wanna know what your found sounds were
Your homework, was to find something around the house that makes noise
Can be used as a percussion instrument

So I'll show you some ideas that I brought today

Um Tupperware hello, you can make that a drum

Probably if you're more creative you could like, use the lid

See you didn't even know you had drums in your house

I'm sure people have these tupperwares around the house

Okay what else? So um pencils

Those can be just sticks on their own

You can pair them with your Tupperware for a nice delectable drumset

Oh my gosh guys, my dog is sniffing at the door she just wants to come in and jump all over everything

Okay so there's a couple ideas right there

What else did I bring in my box of toys today?

I didn't want to steal the salt and pepper shakers because it's lunch time and other people might need to use them

But we've got our truffle seasoning for a shaker

And I don't know if you can hear this, it's a very subtle sound

But if you're feeling very tropical I guess, little latin vibe, use your salsa Saigon shaker

Or um mm sprinkles from last Christmas that may or may not still be good

Little bit wetter sound

Alright so anyone want to comment stuff they brought with them today?

Did you bring a drum did you bring um a salt and pepper shaker

Did you bring a pot or a pan?

Uh comments I wanna see what you guys brought

I want this to be interactive, since it's just me talking to a camera uh throw out some comments there

I wanna see what we brought today

You can hear paul?

Or you can't hear?

Did it um, did the sound drop?

Or you mean you can't hear the shaker?

I don't know

You guys, my internet's been really weird lately and we ordered a new modem
So mm if it drops off I apologize doing the best I can
I am not a very technical person so alright so
Hopefully you have your drum, your found sounds or what have you
Or maybe your cowbell
We'll play this song later, cause I know everybody's gonna say more cowbell
We'll play a song later with the cowbell in it
First what were gonna do before we get into any of the recorded songs
Is were gonna start with something that um I learned from one of my drum mentors
Jim Donovan
Percussionists and drummers you might be familiar with him
He used to play in the band rustic roots
And now he leads his own uh he has a program called sound health
He leads his own transformational uh drum circle and sound health progress
And hes got a lot of good facebook live events
So if you wanna go to Jim Donovan Sound Health, there's really cool stuff on there for your health and
your wealth
You don't have to be a drummer or percussionist
Oh paul was saying the shaker sounded good, thank you
Good you can hear it
Okay, hi Ann I'm glad you joined us today
I'm sorry we haven't been able to see you guys in person yet but thanks for jumping on
So back to the idea of Jim Donovans Rhythm seed, a rhythm seed is a small little uh repeatable phrase
That we can turn into a rhythm that anybody can say and play
So I always tell people in our sessions, when we're doing in person sessions
If you can say it, you can play it
So when I'm thinking about all those cheesy corny quarantine song ideas
I came up with a couple rhythm seed ideas

Um probably most of you have increased your downloads of The Police's song Don't Stand So Close To Me

So if you're familiar with that song
the hook is just

Don't

Stand

So

Close

To

Me

That's pretty much it, there's a whole bunch more don't don'ts there in the beginning

But that's gonna be our rhythm seed for this first rhythm that we're gonna play

So grab your drum, your salt shaker, your found sound, whatever it is you're gonna make a rhythm with

If you don't have anything by the way, you can play on your lap

You can play on your desk or your table or whatever it is you're sitting at

You can clap your hands

You can snap your fingers

That's called body percussion

I think there's actually something called the international body music festival if I'm not mistaken

So um, there's lots of ideas

I'm gonna go back to my drum

And we're just gonna start with that rhythm seed, don't stand so close to me

You don't even have to sing it

We're just gonna play

Don't. Stand. So. Close. To. Me

You can play along

I can't see you or hear you

I just screwed up

I won't know if you screwed up

Don't. Stand. So. Close. To. Me

You don't have to play this exact rhythm

You can make it up

1,2, 3

Fill in that space with whatever you want

If you're not sure what to play, you can always play a simple four repeat pattern

Which is

1, 2, 3, 4

And if you're alternating your hands

Once again there's that hemispheric synchronization kicking in

Using both sides of your body, both sides of your brain

That's good for focus and concentration.

If you look it up theres some stuff out there that tells you all the different benefits of using both sides of your brain

Better sleep, better focus, better mental health, problem solving,

All kinds of good stuff

So lets go back to our rhythm,

Don't. Stand. So. Close. To. Me. (2x)

If you're actually playing along with me

Throw up a like or a heart

So I can see who's still paying attention

Don't. Stand. So. Close. To. Me.

Four more

Three more

Two More

Last one

And Stop

Some hearts, that's awesome

Good, some people still paying attention

Everyone playing along, good

So one of the other songs you guys have probably seen floating around the internet

That is super super cheesy is MC Hammer's "Can't Touch Me"

Okay so you might still have your hammer pants, I don't know

But we'll make that our next rhythm seed

We've got Greg yay! Hi Greg!

Thanks for jumping on the facebook live with us

I'm sorry I didn't get to attend your awesome event the hour before

If you're making it a weekly thing though Greg I hope I can join next time

Um okay so can't touch this, we're gonna make that our next rhythm seed

Can't Touch This

1, 2, 3, 4, 5

Can't Touch This

1, 2, 3, 4, 5

Drum along with me!

1, 2, 3, 4, 5

Can't Touch This

Once again, if you're not sure how to follow along with this

If I'm screwing it up while talking

You can always just play a slow steady beat

1, 2, 3, 4 (x3)

Or shake your shaker

This one doesn't make any noise let us try our sprinkles

Can't touch this

Can't touch this

Can't touch this

Oh my gosh I feel so ridiculous

I wish I could see all you guys hopefully doing the same thing in your house

Back to the drum here we go

1, 2, 3, 4, can't touch this

Can't touch this

Four more

Three more

Two more

Last one

And stop a couple of laughs there, that's good, the comic relief

That's what we need right now, right?

Let's take a deep breath in through the nose

Let it out through the mouth

One more in

And out

Okay so um we also have a lot of inspirational songs floating around out there

Stuff like um, I don't know if you've seen something that went viral um,

I think it was in Brooklyn people were singing Lean on me out the door

Or the front porch or out their windows um

Inspirational stuff, so that's what were gonna do next one

Jeffrey said our shakeray our shakers

Jeffrey is um a shakeray player, shakeray I don't think I have mine out right now

Um but it's a traditional shaker made of a gourd, um like a fishnet around it

And usually little shells, um so instead of the shaky stepping inside of the instrument it's on the outside

So that's gonna be our next song, Stand by me

So that's gonna be our next rhythm seed, stand by me

We're just gonna play,

Darling, Darling, Stand by me

And we're just gonna do it a bunch of times

With sort of the beat in the middle

Cause its kind of a long rhythm seed, it can be hard to repeat over and over again

People tend to get overwhelmed if there's too much to play

So we're gonna try and make it simple for ya

1, 2, here we go

Darling, Darling, stand by me

Back to the beat

You can move your body to the beat if you feel like it

Get your whole body more involved in it

Lets try it again

And one, two, ready go

Darling, Darling, stand by me

Back to the beat

So later on we're gonna try some recorded songs

I don't know how that's gonna work, cause I've got them in my itunes here on a separate device

Which is why in the um the event I said you could mute me once we get the uh music portion

So that you could play the song from your own device if it ends up sounding weird

So we'll try it out

Back to the song, here we go

Darling, Darling, Stand By me

So whats great about this is you don't actually have to know the words to the song

You just pick out one key phrase, play that a bunch of times

Over and over

1, 2 and back to the song

Darling, Darling, Stand by me

Lets try it two more times and then we'll pick one more song

By the way if you're watching this with your kids or anyone else in your house

Hopefully you guys are coming up with some of your own rhythms to play together, your own little jam session

So maybe one of you is playing one rhythm, somebody else playing a different rhythm

Each of you making up your own rhythms, that is the hope since we can't see or hear each other in this format right now

1, 2, back to the song

Darling, Darling, Stand By Me

We're gonna do it one more time

One, two, ready, go

Darling, Darling, Stand By Me

Four

Three

Two

One

And stop

Awesome

Um one more inspirational song I found when I was looking up playlists is

Um when I was looking up playlists for quarantine was um Pharrell's song "Happy"

Because its an uplifting song, its obviously a very happy song

So all we're gonna do this for next one is play

Because I'm Happy

Because I'm Happy

And again you don't have to sing it, you can say it

If you don't feel saying it you can just listen along.

Because I'm Happy

Because I'm Happy

Because I'm Happy

Jeffrey by the way is commenting, he's a drum circle guy

He was telling me earlier that he has drum circles in his community,

That he helps facilitate, that obviously they can't do right now

So he's trying to help us out with the counts

This is all a new format for us musicians and percussionists

So theres a lot of trial and error going on

Lets get back to the song

Because I'm Happy

One more time

Because I'm happy

Four

Three

Two

One

Stop

Anybody wanna comment how they're feeling right now, throw up a word in the comments section

Are you happy? Are you good?

Do you feel less stressed?

If you don't feel like saying any words in the comments, you can just put up a like or a heart button so that I know we're still out there

We're still following along

Let's take a deep breath in

And out

Drumming with you makes me happy

Thank you Greg!

I miss all of my drum circle people across the world

So it's nice to be able to connect with some of you here

This is so fun, Aliyah Aliyah was my realtor she helped us find our house you guys

This is our amazing house, I'm glad that you joined us Aliyah

Hope you guys are doing good.

Okay so here's the weird part

I'm gonna see if I can play any of the songs I downloaded yesterday for my quarantine playlist

So you guys might have to tell me how it sounds in the comments section

How it's coming across on my teeny laptop

But we'll see

And as I said if it sounds weird on your end you can always mute me

And if you have the song downloaded somewhere you can put the song on somewhere and play

Kind of watch me and play along

Or you can play your own song

Whatever's on your playlist

Put it on and play along to not feel alone because I'm here playing something with you

Jeffrey says good spirit, I hope that were all in better spirits right now

I hope that um is that how you're feeling Jeffrey?

Are you feeling like you're in a good spirit?

That's how I feel

Okay so we had some of our songs

We're gonna play um

Oh, REM we have to play "It's the end of the World as we know it"

So here we go let's see how we do with our play along sing along

Now when I work with my seniors and I bring my ukulele in to our sessions

I always sing songs that I think they might know from their era

And I tell people, if you know it, sing along

And if you don't know it you can always hum along

Or drum along

Or you can try and do all three at the same time

Okay lets see how this goes

I'm gonna turn up the volume

I have no idea if you guys can hear this

Tammy, hi Tammy, thanks for watching

Here we go

We're just gonna play nice and fast on our instrument

Make up your own rhythm if you want

Or we could grab our sprinkles, shakers

Shake to the beat of the song

I don't think I've ever listened to this song all the way through

It's the end of the world as we know it

This is the only part I know

It's the end of the world as we know it

I feel fine

if anything, if this isn't really working

Hopefully y'all are laughing at me and getting a laugh in today

This is fun Samuel said

Good I'm glad you're having fun

Are you watching with your kids Samuel?

I got some likes and loves there

Awesome that means your still watching this, still following along in some fashion

Four

Three

Two

One

And stop

Can't do that at the same time I stop the music

Greg, where's my confetti, makes me want to throw stuff in the air

I wish I had confetti, but then I would have to clean it up

So pretend confetti

Oh Sam says his son is watching too

Awesome, so lets try another song

Oh my god, "Don't Fear the Reaper"

For those of you that are SNL fans, you've probably seen and heard Ad Nosium

The sketch with the "more cowbell" from years ago

So that was the song they were playing in the sketch was "Don't Fear the Reaper"

There's a very prominent cowbell part in it and uh SNL just decided to make it even more prominent

But anyway lets try that one, with more cowbell

Not super loud cause its super loud and echoey in the house

But uh we'll see how it goes

I can't listen to the song without thinking of that freakin sketch with Christopher Walken

Cowbell

I don't know any of the words of this song

All I know is I got a fever with the prescription with more cowbell

Alright I'm gonna put down the cowbell and pick up the drum again

Cause this is like super loud

But keep going

And once again I can't see you or hear you

So I'm gonna assume everyone's playing along

And doing a great job with it

I'm just making it up

Especially as I really don't know this song

I was supposed to prepare I listened to these songs before the facebook live event

But I had to feed my son

And then I had like two minutes to get everything together

Let's see who else is saying stuff

Cowbell wasn't too bad for volume

Maybe not for you guys but for me it was pretty loud

Thank you for the feedback by the way this is really helpful

What else are we gonna play here?

Four

Three

Two

One

And stop

Awesome

Okay so lets try Lean On Me

But we're not gonna the um Bill Withers old version

We're gonna do the funky 80s version from club I didn't even know who sang this version

Its Club Nevoe "Lean On Me" 80's version

Hopefully some of us know the words to this song and you'll sing along

To your computer screen

I don't know if any of you were in choir when in high school

I so was, I was in all the choirs and musicals

We used to get together and sing this before a performance

To psych ourselves up

It was nice little team building

Here comes the 80s the beat

They call this the we will rock you rhythm by the way

Boom Boom Tap

Boom Boom Tap

Pretty much anybody can play this rhythm which whichever instrument they have

Because we do this in stadiums too right?

With our stomping feet and clapping hands

We all have hate

We all have sorrow

Are you singing it with me?

Oh my god I can't remember the words

We know that there's always too much

Senior year flashbacks

I'll help you carry on

For it won't be long

Til I'm gonna need someone

To lean on

Oh, I thought it was the next part

This is like the weirdest karaoke ever

Hopefully this inspires you guys to like have your own bands at home sometimes

Especially now that you know what instruments to use

For we won't be long

Til I'm gonna need

Somebody to lean on

When you need a hand

We all need somebody to lean on

Just might have a problem that you understand

We all need somebody to lean on

Everybody

I'll be your friend

I'll help you carry on

It won't be long

Til I'm gonna need

Somebody to lean on

Geneva hi

Do you have a drum with you?

Oh man, its so nice to see so many people here today

It warms my heart

Last chorus

I'll be your friend

I'll help you carry on

For it won't be long til

I'm gonna need someone to lean on

When you need a hand

We all need somebody to lean on

I just might have a problem

That you understand

We all need somebody to lean on

Hopefully some of you are singing along at home

Maybe into your hairbrushes

Four

Three

Two

One

And stop

Sorry right before the drummin part

Awesome, alright so if you are drumming

And your hands are tired

Lets take a little second and rub them together

Take a break

Were gonna shake them out

We're gonna take a deep breath in

And out

Awesome, um so before we do

We're gonna do one more song together as a group today

And I need to see because I'm technically challenged

I need to see if I can like post something in this without taking my phone off

Probably not, um

What I was gonna say uh was if any of you were watching and working from home with whatever

Your current position is

You know if you're lucky enough to still be able to work and work remotely

Um my company Just Add Rhythm we offer virtual team building programs for you

And because its virtual we can come to you anywhere in the world

So if you guys have Zoom meetings

That you want us to jump on we can do that or if you want to boost your own event

We'll create the event for you and invite you to it

I had a link to our landing page to direct you to how our virtual programs work

Cause a lot of people don't even know what a drumming team building program is

Let alone a virtual one without all the drums

I'm gonna see if I can post that to our page later on

I apologize for my dog like going really crazy in the background

So yeah because I am technologically challenged I will share that to our page

To our facebook page later

Our landing page that shows how we can do our virtual team building programs for your company

For your organization or whatever, whoever's working remotely

This is always a free event, the facebook lives I'm doing are always free

If you feel so moved to offer a donation for our programs

We are on paypal its Just Add Rhythm LLC

Once again I was going to put up the link and I cant figure out how to do that while I'm on the facebook live

I'll have to figure that out next time

But you can go to paypal dot M E slash Just Add Rhythm LLC

Rhythm is spelled R H Y T H M

Just like you see it on our page Just Add Rhythm LLC

So definitely not necessary but always appreciated as a lot of our events as other facilitators same thing have been cancelled

And we're moving stuff online

So let's end with one uplifting song that people probably know

Bob Marley

Where's my Bob Marley?

Three Little Birds

Everythings Gonna be Alright

Turn it up a little bit

This is like as loud as it goes

You probably can't hear it but if you have it

You could play it and mute me

Every little thing gonna be alright

So this is our outro song

Play along

But I invite you to comment one word about how you're feeling right now

After having experimented with me in this crazy virtual format

Comment how are you feeling?

Do you feel good?

Do you feel connected?

Do you feel distressed?

Energized?

You can always toss up a like or heart if you don't feel like commenting

Just to let me know you're still there

Hi Oliver, thanks for joining us

So if you just joined us

We are playing along to Bob Marley's Three Little Birds

Let's get our shaker back out

I'm gonna try that Tupperware drum again

Let me try the Tupperware drum

You are welcome Aliyah

I'm glad you joined us today for a little bit

Breathing more freely light and hopeful

Is what Greg says

Thank you for that Greg

Every Little Thing Is Gonna Be Alright

In rhythm with all sending love to all

Thank you Jeffrey

Cause Every Little Thing Is Gonna Be Alright

If you're not aware

Drumming helps reduce stress

This is clinically proven

Drumming actually helps reverse stress at the level of our DNA

So what you're doing right now doesn't just feel good

You're actually changing your DNA

How cool is that?

Just by joining us today

Listening to some music

And doing your best to play along

Let's see anything else we said

Oh Paul thank you so much for putting up that link

PayPal dot me just add rhythm llc

Thank you so much I really appreciate it

And I will um I will put up the link to our um virtual team building programs description after this event

I'll put it up on our facebook page

We're on LinkedIn and we're on Instagram and Twitter as well

Not quite as active on those platforms

But I do post across all the platforms

If you want a quick response though um message us at Just Add Rhythm or through our website

Add Rhythm dot Com

Lets end with a couple of deep breaths today all together

Collective breathing

We're gonna breathe in through the nose

Out through the mouth

In through the nose

Out through the mouth

And lets do it one more time

In

And out

Thank you guys so much for joining me today

I had no idea how this was gonna go

So I'm so glad that we had such a good turnout a good response

People enjoyed it and had fun

As one of my other mentors Christine Stevens likes to say

Lets give each other some Zoom applause which is basically just this

When we have zoom meetings this is what we do to clap for each other

Zoom applause

So I'm sending you some Zoom applause

Some love from Facebook land

Sam says thank you for doing this glad to drum with you all

I'm so so happy and if this was a success

And if you guys think you might wanna try it again

Feel free to comment that and maybe we'll take a poll and see if we can do it again someday

We don't have to do quarantine specific songs

But if you know just wanna jump on and play along to some songs and feel silly for a little bit

With or without kids that's good too

So Zoom Applause

Yay

And thank you guys again

Love you

This was wonderful

I will see you guys out there

Buh Bye