

Flexity Jig™

Scat Voice-Body Movement Drum Table Activities

Vocal play with light- moderate body movement and drumming

Activity Description

Group engages in jazz inspired “scat” vocal play, movement and drumming

Skills

Abdominal breathing, improvisational singing, body isolations, dance patterns, rhyming and language development

Set-Up

Play seated, standing or moving. 2 Mallets per player. Scat “Word Bank”

Scat Word Bank:

Dooby	Doo-Dat	Doo-Daddy	Doo-Wop	Bim-Bam	Bitty-Bop	Bam	Bip	Bee-Bop
Scooby	Shooby	Skiddely	Skee-Scat	Wom-Bat	Pip-Pop	Choo-Chicka-Choo		
Zoom-Ziddy-Zoom	Zippity-Zow	Liddle-ee-Op	Wa-Wa-Wa	Skee-Bop	Do-Dat-Scat			

Process

Facilitator chooses one scat “word” to begin, using a call and echo process to drum/sing/move

Vocals: Facilitator sings “scat” on whatever pitch is comfortable for group (middle voice is recommended)

Drumming: Drum rhythm follows either the beat or the rhythm of the scat

Movement Options:

- 1) Body Isolations – gently bounce only one body part to the beat (i.e. only head, or only shoulders, or hips, etc.)
- 2) Body Combos – gently bounce a combo of body parts to the beat (i.e. head & shoulders or shoulders & hips, etc.)
- 3) Dance steps – A) Swing -- Move mallets/arms and body side to side in a swingy motion B) Fwd/Back – Step forward, together and back C) “Stir the Pot” – move hips/knees in a circular motion (can opt to brush drum in a circle and scat “stir the pot” to find the groove 😊)

Extensions (drumming and movement follow the beat or rhythm of the scat)

- 1) Alternate callers on call-echo, or do as a call-respond
- 2) Ostinato with solo – Group continually repeats a scat pattern while one person improvises their own scat over the ostinato
- 3) Nursery Rhyme Scat – Sing the words of a nursery rhyme in syncopated rhythms as a call and echo or call and response (group sings the following line as the response)

Supporting Research for This Activity:

[Research: Nasal Respiration Entrain Human Limbic Oscillations & Modulate Cognitive Function](#)

[Research: Diaphragmatic Breathing reduces exercise oxidative stress in athletes](#)

[Research: Breathing, voice, and movement therapy: applications to breathing disorders](#)

[Research: Locomotion-Encoded Patterns: An Evolutionary Legacy](#)