

HOW TO BUILD COMMUNITY

Through music, dance & drama

By Doug Paterson

One of the key ingredients in building community is a commitment to co-operate. Throughout time, in most communities, dancing, singing, drama and eating would have been the main co-operative activities that would bring people together.

“This kind of sharing creates new relationships and bridges between people. Learning how to work and play with a variety of people is at the core of creating a healthy community.”

Ideas for community building include:

Leave your house
Turn off the TV
Know your neighbours
Greet people
Play together
Buy from local merchants
Have PotLucks

Listen to the birds
Start a tradition
Organize a block party
Sing together
Dance together
Do drama together

Music is the international language that joins people of all ages together in creative harmony and healing. We want to be both seen and heard. Acknowledging people in our own community with smiles, eye contact and touch, creates opportunities to build relationships and shape communities. Community dances are one of the best ways to accomplish this. Trust is built through touch on the dance floor.

In our over competitive world we need to make extra effort to enhance co-operation through social activities. Music enhances learning, nurtures self expression, extends our lives and makes us happy. Skills in attending, listening and co-operating all occur and improve when families are involved in musical activities.

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