

Cajon means...

- ... Spanish word for „drawer“ or „wooden box“, in English it is called „box drum“.
- ...from Peru: the drums were taken away from the slaves, so instead they used boxes and chests to play on them.
- ... in the 70ties the first Cajon came to Europe and was used as an accompanying instrument for flamenco.
- ... a wooden cuboid with a vibrancy hole.
- ... built in an Afro-Peruvian construction and has ratchet cords inside.
- ... equipped with a sound hole, which support the interesting tone and deep bass sound. The acoustic color, pitch and sound vary depending on the construction.
- ... a multifunctional instrument. It is used by ordinary and professional drummers as a solo and accompanying instrument

Impressum



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Music in our Brain Music In - Stress Out

Through Cajon to music

„Music expresses what can't be said in words but which is impossible to keep silent about“

Victor Hugo

By playing Cajon following educational goals are stimulated:

- **Advancement of social skills** through...
 - ... Cooperation, solo and tutti
 - ... Listening, agreement
 - ... Ability of contact and work in a team
 - ... Social connection within a corporate game
- **Advancement of cognitive abilities** in connection with musical learning through...
 - ... Achievement of a basic understanding about origin, function and execution of Cajon
 - ... Development of play skills, left right coordination
 - ... Memory training through keeping in mind rhythm and repeating them
 - ... Use of different senses, especially training of active hearing.
- **Advancement of personal abilities** through...
 - ... Ability to be able to play the instrument which will strengthen the self-esteem
 - ... Possibility to introduce their own ideas
 - ... Advancement of their sense of self.
- **Advancement of physical abilities** through...
 - ... Support of movement development and of body consciousness
 - ... Acting emotions out through active games
 - ... Change between tension and relaxation, which leads to physical balance

The impact of music in our brain

- Music is structure and leads to inner and outer structure.
- Through various animation synapses are built in the brain, the more synapses are existing, the merrier and various the brain can work.
- The whole brain is active during music. Music is integral, which means both brain hemispheres are working together better.
- Kids already react to certain melodies in the mother's womb. Through cradle-songs they come to know rhythm, sounds and melodies. They memorize them which strengthen their memory decline.
- Music and singing supports the acquire language, by stimulating different eloquent brain areas at the same time.
- Music is present in every culture and creates a corporate feeling. It expresses customs, conventions and traditions, which are carried through cultural memory over the generations.

Playing Cajon is...

- ... accessible for all age groups since simple boxes and articles of daily use can be inserted as a drum.
- ... easy to handle even without a special musical education. That's why there is a fast feeling of success which influences a positive self-assurance.
- ... part of the natural surround of kids and teenagers since they experience their world by themselves. Through a natural curiosity they want to explore the fascination of sound.
- ... a way to support the intercultural understanding through collective goals. Making music together builds bridges between the various cultures.