

## Make Your Own Tambourine!

### What You'll Need:

- 2 Paper plates
- Uncooked pasta
- Stapler
- Crayons, stickers, feathers etc. to decorate

### Method:

Place a handful of pasta in the centre of one paper plate. Put the other paper plate on top of the first and staple around the outside, making sure no pasta is able to be shaken out. Decorate your tambourine with your child. Shake along to your child's favourite songs on the *Sing & Grow Together* CD!



### IMPORTANT NOTES & TIPS ON SAFETY

- Ensure the contents inside instruments are securely contained and no small items can break away from the instrument.
- Experiment with different sizes, shapes and surfaces of materials.
- Stickers, scrap material (glued on), contact and paint are all great for decorating.
- Always supervise when children are using instruments.

For more fun and musical ways to play with your kids, go to  
[www.singandgrow.org/families](http://www.singandgrow.org/families)



## Making Instruments at Home

Instrument making is an affordable, enjoyable and creative way for you and your child to engage in craft and play together. Constructing and decorating the instruments provides a sense of ownership and helps to develop a child's confidence to use the instruments and explore new ways of making sounds. Materials can be found around the home or sourced from op-shops, recycling depots and independent suppliers.

### Shakers

#### What You'll Need:

- Find containers of different shapes and sizes e.g. jars, empty milk or juice containers, film canisters, empty toilet rolls

#### Method:

Fill with rice, beans, pebbles, lentils or macaroni. 100s and 1000s work well too!

Glue the lid on and tape ends to ensure contents can't escape and little fingers can't open it. Decorate the outside with paint, paper mache or try making them into different animals by painting the container as the body and attaching googly eyes.



### Rhythm Sticks

#### What You'll Need:

- Two 20cm lengths of dowel or chopsticks (economical way to create multiple pairs!)

#### Method:

Smooth the ends. Decorate pairs of sticks and tap them together to the beat! You can



even use these as a beater for the drums by placing rubber chair leg stops that match the size of the dowel over the ends, to make a softer sound.

## Bells

### *What You'll Need:*

- Thick hair bands or pieces of elastic
- Some small bells which can be bought from craft shops (consider 'up-cycling' Christmas decorations)

### *Method:*

Thread the bells through the band or elastic and secure by tying ends together. The bells can then be worn as a bell bracelet around the wrist or ankles for dancing. You can also make a small opening in a colourful hair scrunchie, pop in some small bells and sew up the hole to make bells children can hold.



## Rainstick

### *What You'll Need:*

- A long tube like a post office tube
- Buttons, dry pasta, lentils, or small pebbles
- Toothpicks

### *Method:*

Seal one of the ends of the tube with some fabric and strong tape

Push the toothpicks through the sides of the mailing tube to make the raining effect. Place the pasta, buttons, lentils or pebbles in the tube and seal the other end well. Decorate your rainstick.



## Drums

### *What You'll Need:*

- Pots, pans and metal or plastic containers e.g. formula or milo tins

### *Method:*

Paint the outside of the tin and let the paint dry completely. Cover one end with a stretched balloon or grease proof paper and secure with string, pulling the paper as tight as possible. Use a wooden spoon from the kitchen to hit the drums.



## Parachute Play at Home!

### *What You'll Need:*

- A sheet, blanket or table cloth

### *Method:*

Get your child and other family members to hold onto the edges of the sheet (or blanket or table cloth) and move it to music:

- Up and down
- In and out
- Shaking
- Making a toy 'jump' quickly and 'roll' slowly
- Or pop the child/ren on the sheet and while keeping them on the ground, move the 'parachute' round and round



### *Extension Activity:*

Find an old sheet, blanket or table cloth, or purchase one from an op-shop.

Pour some water-based paint into a large flat container, and let the children decorate your 'parachute' with painty footprints and handprints!

