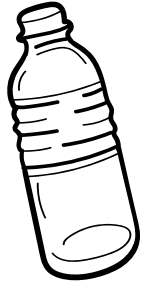


# Make Your Own Shakers!

## You Will Need

- A non-breakable container or bottle with a lid (washed well!)
- Tape and/or glue
- Rice, lentil, peas, etc
- Paint and/or stickers for decoration



## Why do we do this?

Shakers are a great way to explore sounds, rhythm and movement with children. They're lots of fun and easy to make at home.

**Step 1** - Fill the container with rice or lentils for a lighter sounding shaker. Use corn or chickpeas for something a bit louder.

**Step 2** - Secure the lid with glue and sticky tape. Colourful electrical tape works well for this.

**Step 3** - Decorate the shaker with stickers, paint or ribbon, etc.

**Step 4 (Optional)** - Use sticky back plastic to cover the final design to help protect your decorations.

