

ACTIVE PLAY...EVERY DAY!

Module 3

Paper Plate Maracas



Materials

- ☐ paper plate
- ☐ dried rice or unpopped popcorn kernels
- ☐ stapler
- ☐ paint, pencils or crayons
- ☐ crepe paper streamers (optional)

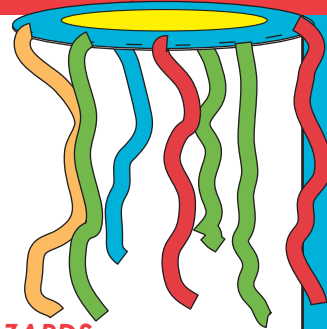


Instructions for caregivers:

- 1 Put one to two handfuls of dried rice or popcorn on a paper plate.
- 2 Place another plate on top and secure rims of both plates together with stapler.

DRY RICE AND POPCORN CAN BE CHOKING HAZARDS FOR YOUNG CHILDREN, SO PLEASE DO STEPS 1 & 2 FOR YOUR CHILD.

- 3 Decorate the maracas with crayons or markers.
- 4 Staple long crepe paper streamers to the maracas.
- 5 Sing and dance with the maracas!



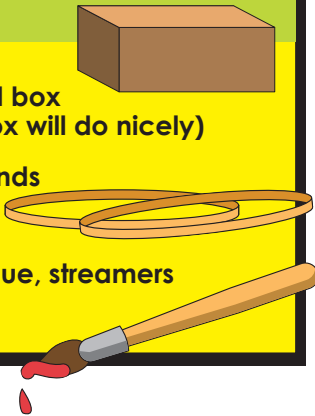
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Cardboard Box Guitar



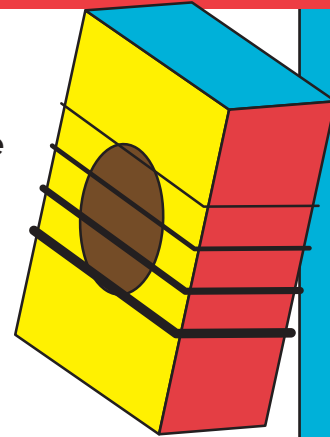
Materials

- ☐ cardboard box (a shoe box will do nicely)
- ☐ rubber bands
- ☐ paint
- ☐ ribbons, glue, streamers (optional)



Instructions for caregivers:

- 1 Cut a hole about 4 inches in diameter in the top of a good, strong shoe box or large, grocery box.
- 2 Stretch four or more rubber bands around the box (thinner and tighter bands make higher-pitched sounds).
- 3 Paint guitars with colorful stripes, or draw designs on them, or even glue on ribbons or streamers.
- 4 Encourage your children to strum a tune, and take turns dancing to the music of the new guitar!



Source:

<http://familyfun.go.com>

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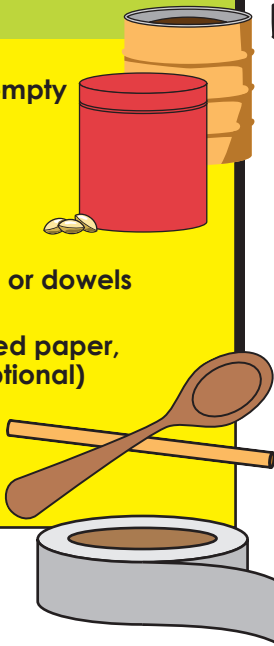


Module 3

Oatmeal Box Drums

Materials

- ☐ oatmeal box, empty coffee can, or popcorn tin
- ☐ duct tape
- ☐ wooden spoon or dowels
- ☐ crayons, colored paper, glue, glitter (optional)



Instructions for caregivers:

- 1 Make a drum from an oatmeal box, an empty coffee can or a popcorn tin.
- 2 Decorate the can however you like, using colored paper, crayons, glitter, or whatever else you can think of.
- 3 Secure the lid with duct tape.
- 4 Use wooden spoons or dowels as drumsticks, and beat the drum with your child. Practice moving to the beat!



Source:

<http://kidsactivities.suite101.com>



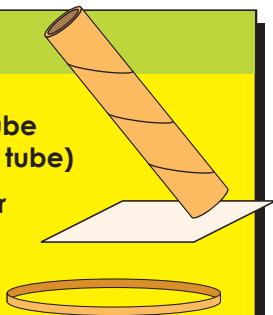
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Cardboard Tube Flute



Materials

- ☐ cardboard tube (paper towel tube)
- ☐ waxed paper
- ☐ rubber band



Marching Band!

Make all four instruments. Gather a group together, and give each person an instrument. March around the house or outside playing music.

Source:

<http://kidsactivities.suite101.com>

Instructions for caregivers:

- 1 Punch four holes in one side of the cardboard tube and one in the opposite side.
- 2 Cover one end of the tube with waxed paper in place with a rubber band.
- 3 Play a tune! Encourage your children to hum into the open end of the tube. Show children how to move their fingers on the holes while keeping your thumb on the opposite hole, to change the sounds that the flute makes.



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