

Musical Instruments

This is an activity that promotes participation of ALL family members. It is something that can be done in home, school, daycare setting and with neighbors and friends. There is so much therapeutic and developmental value to this activity.

This activity has so many benefits:

Encourage participation, communication and connection, listening skills, speech development, imitation, audio skills, visual skills, tactile skills, self-expression, creative thinking, imagination, breathing skills, turn taking, cause and effect, reactions, coordination of the hands and fingers, and associate movement with sound.

Low cost to no cost as you can make a variety of instruments with materials that are already located in your home or garage.

Helpful Tips:

- As with any project, supervision of your child to ensure that there are no choking hazards (beans from maracas). Ensure metal cans or plastic ware does not have sharp edges. Ensure all lids of spice jars are glued. permanently shut once project is completed.
- When using the instruments, various skills can be enriched: language, color identification, counting, sequencing and patterns, muscle isolation, bilateral coordination, social skills, and communication

Items Needed:

- *Maracas-spice jars/baby bottles filled with rice or beans, permanent glue*
- *Rain stick-water bottle filled with sticks from backyard and rice, permanent glue*
- *Tubberware Guitar-rubberbands and plastic containers*
- *Drum set-cans/oatmeal containers and wooden spoons/chopsticks or pots and pans*
- *Egg carton xylophone-egg carton and various metal items (spoons, wrenches, butter knives)*
- *Bells- 1-10 (as many as you like) water glasses and colored dye for interest, spoon to cling the glasses*
- *Comb harmonica-flat comb, wax paper permanent glue*
- **All of these instruments can be enhanced with stickers, or decorations of preferred choice by children.*

Directions:

- *Maracas- Step 1: Fill a clean, dry bottle halfway with dried beans or rice. Step 2: Close and seal with permanent glue. Step 3: Shake*
- *Rain stick- Step 1: Fill dry clean water bottle filled with dry sticks from backyard until there is no space to fit another. (the branchier the sticks are the better) Step 2: Fill 4 teaspoons of rice into bottle. Step 3: Secure top of bottle with permanent glue. Step 4: Gently rotate to make the noise of "rain falling"*
- *Tubberware Guitar- Step 1: wrap various widths of rubber bands around the container so the bands are positioned over the empty part of the container. Step 2: Plucking with rubber band with index finger (isolated) to illicit a guitar string sound.*
- *Drum set- Step 1: bind empty clean cans and/or oatmeal container together using strong tape, like duct tape. They should have the open part of the can on the bottom. Step 2: Using a wooden spoon as stick or*

chopsticks, tap the top of the cans. Step 3: Stickers can be used to enhance activity.

- **Egg carton xylophone** – *Step 1: Flip over the empty egg carton so the container part is facing up. Step 2: Using either a small tool set of metal wrenches or silverware, align into the spaces between the egg holders. Tap with small spoon or wrench to produce a xylophone sound. NOTE: the heavier the utensil or wrench, the better the tone of the xylophone.*
- **Bells**- *Step 1: Fill random glasses with random heights of water, add a couple of drops of food dye Step 2: With spoon or other utensil, gently tap the glasses in a sequence or randomly to illicit a bell sound*
- **Comb harmonica**- *Step 1: fold 4 inch wide piece of wax paper around the teeth of the comb Step 2: put lips around teeth of comb wrapped in wax paper and make an "o" sound with lips to get a vibration noise.*