

Shake, Rattle & Roll

Making a RAINSTICK



History: The rainstick is a tubular rattle that through the ages has been used by many cultures in various ways. Some say that it was invented by the Aztecs in Mexico; others think that it originated in Peru. Long ago it was believed that creating the sound of falling rain would cause it to rain.

Supplies needed:

- Cardboard tubes (paper towels rolls, gift wrapping tubes, poster tubes etc.)
- Fabric or felt (to cut 2 end pieces for rolls, larger than the circumference of the tube)
- 2 elastic bands
- Rice, corn kernels, sunflower seeds or beans, to place inside rainstick
- Aluminum foil
- Hot glue or white glue
- Decorations to glue on the rainstick (beads, feathers, leaves, yarn, coloured paper etc.)

Instructions

1. Cut 2 circles of coloured fabric or felt at least double diameter of the tube
2. Place one of the circles on the bottom of the tube, fold the fabric over the end of the tube and secure it to the tube with a plastic band.
3. Once one side is sealed, add a cup or two of rice, beans, sunflower, corn kernels or a combination of all of them. Be careful not to make your rainstick too heavy
4. Twist a piece of aluminum foil into a long snake, about 6 inches long and put it inside the tube.
5. Seal the other end with the fabric and elastic.
6. Decorate your rainstick. You tie any kind of decorations to it, such as strips of coloured paper, or yarn, and you can glue feathers, stones, glitter etc.

Now you're a ready to call for rain. **SHAKE, RATTLE & ROLL** your rainstick.