



RAINSTICK ACTIVITY

In this activity we are going to channel our listening skills by making a special rainstick. Rainsticks mimic the sound of rain when moved in different directions and are ancient musical instruments used by Indigenous Australians (and other cultures too!) to help bring on rain during the drought season.

Let's make it rain!

Materials Needed

- 3 long cardboard tubes (paper towel rolls works great!)
- Aluminium foil
- Permanent marker
- Stick tape
- ¼ cup dry uncooked rice (available from Coles or Woolworths)
- ¼ cup sesame seeds (available from Coles or Woolworths)
- ¼ cup dry uncooked lentils (available Coles or Woolworths)

Instructions

1. Create a snake by cutting a 60cmx30cm piece of aluminium foil and scrunching it to form a long snake shape.
2. Twirl the foil around a permanent marker to create a spring shape and slide the spring foil into a tube.
4. Cut a piece of aluminium foil to cover one of the ends and tape it securely in place.
5. Pour the rice into the open end of the tube and then cover with another piece of aluminium foil and tape it securely into place.
6. Repeat steps 1 – 5 for the sesame seeds and dry uncooked lentils. You can decorate your rainsticks with different colours and patterns to make them unique too!
7. Sit somewhere comfortable and quiet and slowly tip your first rainstick to let the rice fall from the top of the tube down to the bottom. Repeat this action again however tip the rainstick quickly this time. Try these actions for your sesame seed and lentil rainsticks too.





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Reflection

When you are tipping your rainstick take time to ask yourself questions like:

- What type of rain does it sound like when the rainstick is tipped slowly? Is it a storm, a shower, a downpour?
- Is it a different sound when it is tipped quickly?
- What is the difference in sound between the rice, sesame seed and lentil rainsticks?
- Can you make a different sound by shaking the rainstick in different directions?
- Which rainstick finishes first when two are tipped at the same time?

By channeling your listening skills into the different sounds of the rainsticks you are activating to ability to return yourself to the present moment which helps to balance and ground your mind.

Practicing your new sound skills each day is fun and you can try things like:

- Listening to your favourite song and focusing on one instrument sound at a time
- Channeling into the different bird sounds outside
- Listening to someone's footsteps and taking a guess of who it is!

