

Becoming Courageous

Wide Awake: Lesson 1
Listening

Rain Stick

Objective:

1. To create an opportunity to listen carefully.

Materials:

- Paper roll (any size will do, but the longer rolls will give you a better sound)
- Circle shaped tracer, 2-3 times the diameter of your paper roll
- Pencil
- Scissors
- Rice, 1/8 cup per rainstick
- Paper grocery bag (one bag per stick)
- Elastic bands (2 per rainstick)
- Things to decorate the outside (optional) like paint, stickers, etc
- Smartboard (optional) to show tutorial

Lesson (approx 1 hour)

Introduction:

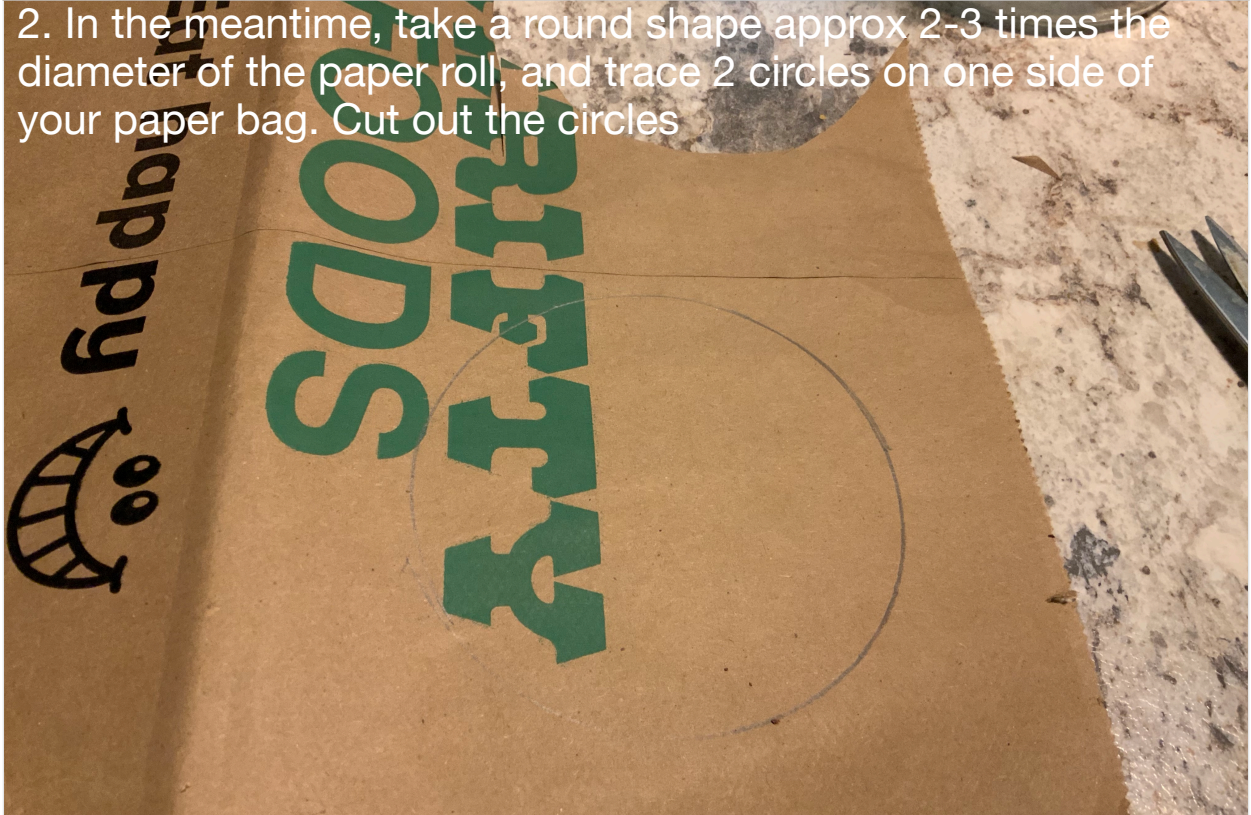
Explain to the students that you are going to make a special instrument called a rainstick. It is thought that rainsticks originated in Central America, where people dried the arms of cactus plants, and then hammered in the spines. The seeds falling and bouncing off of the spines make a sound similar to rain.

Main Activity:

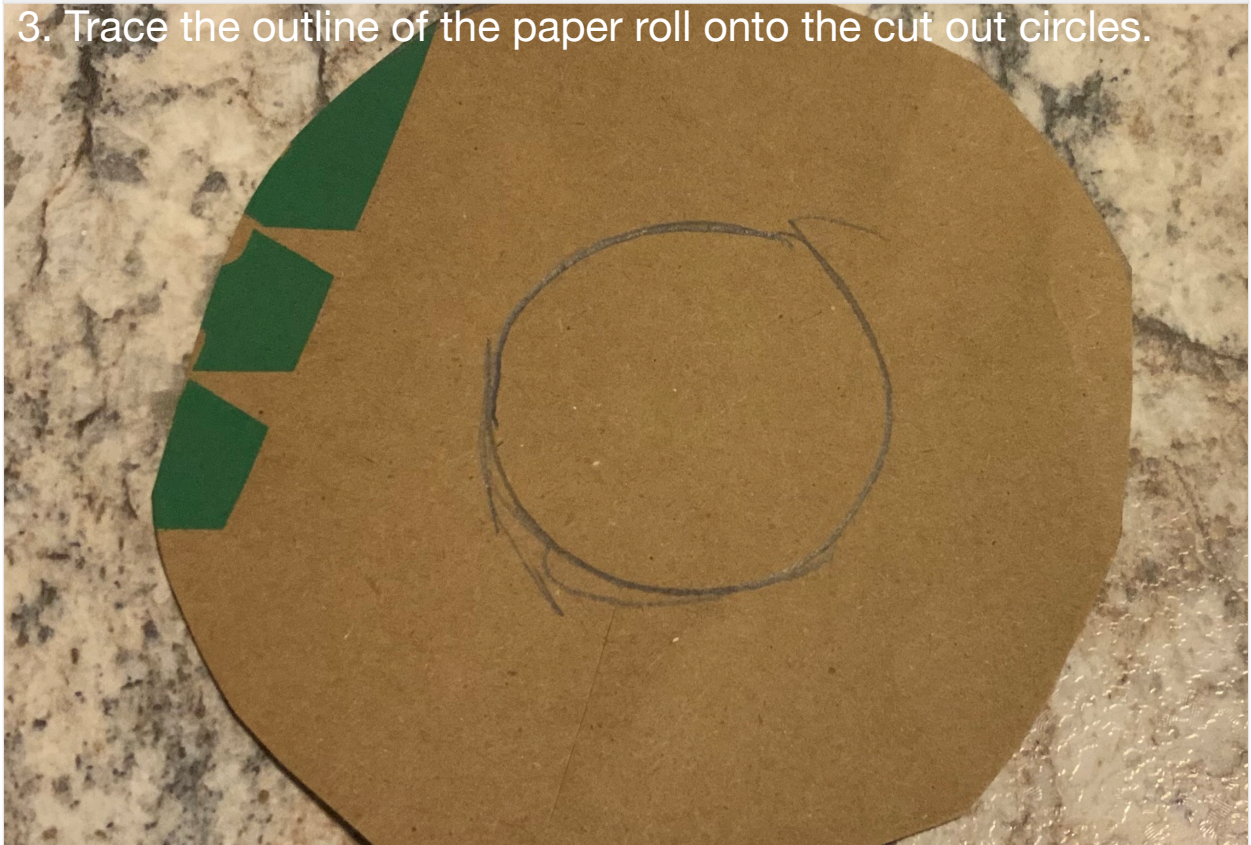
1. If you are going to decorate the outside of your paper roll, do this first. Let it dry.

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2. In the meantime, take a round shape approx 2-3 times the diameter of the paper roll, and trace 2 circles on one side of your paper bag. Cut out the circles



3. Trace the outline of the paper roll onto the cut out circles.



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4. Cut a fringe around each circle, ending at the inside traced circle.



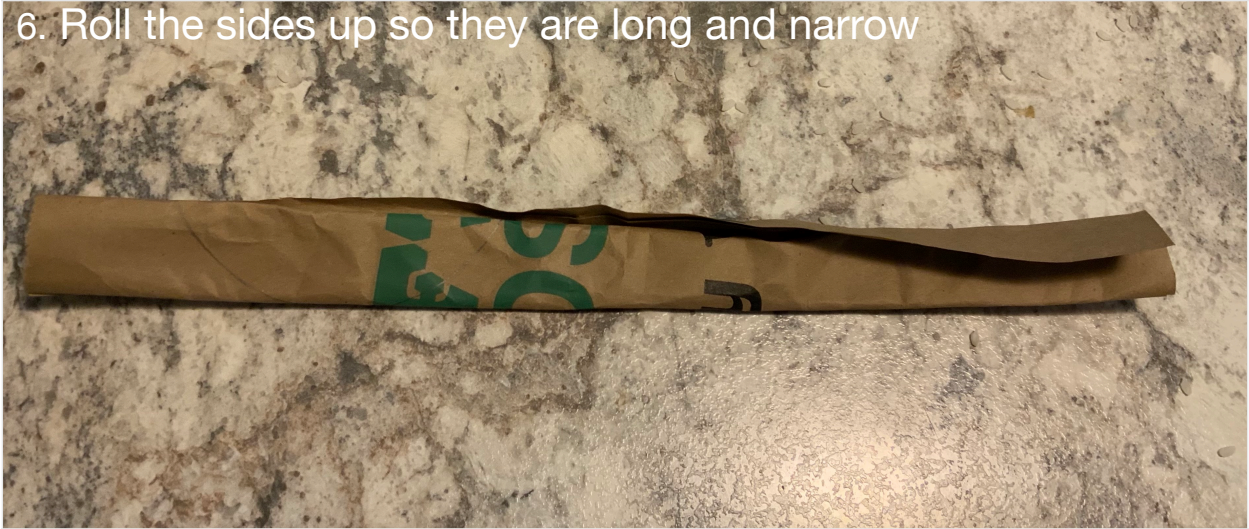
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5. Cut both narrow sides of the paper bag.



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6. Roll the sides up so they are long and narrow



7. Wrap the sides around your hand so that they form a spiral. You will have 2 of them.



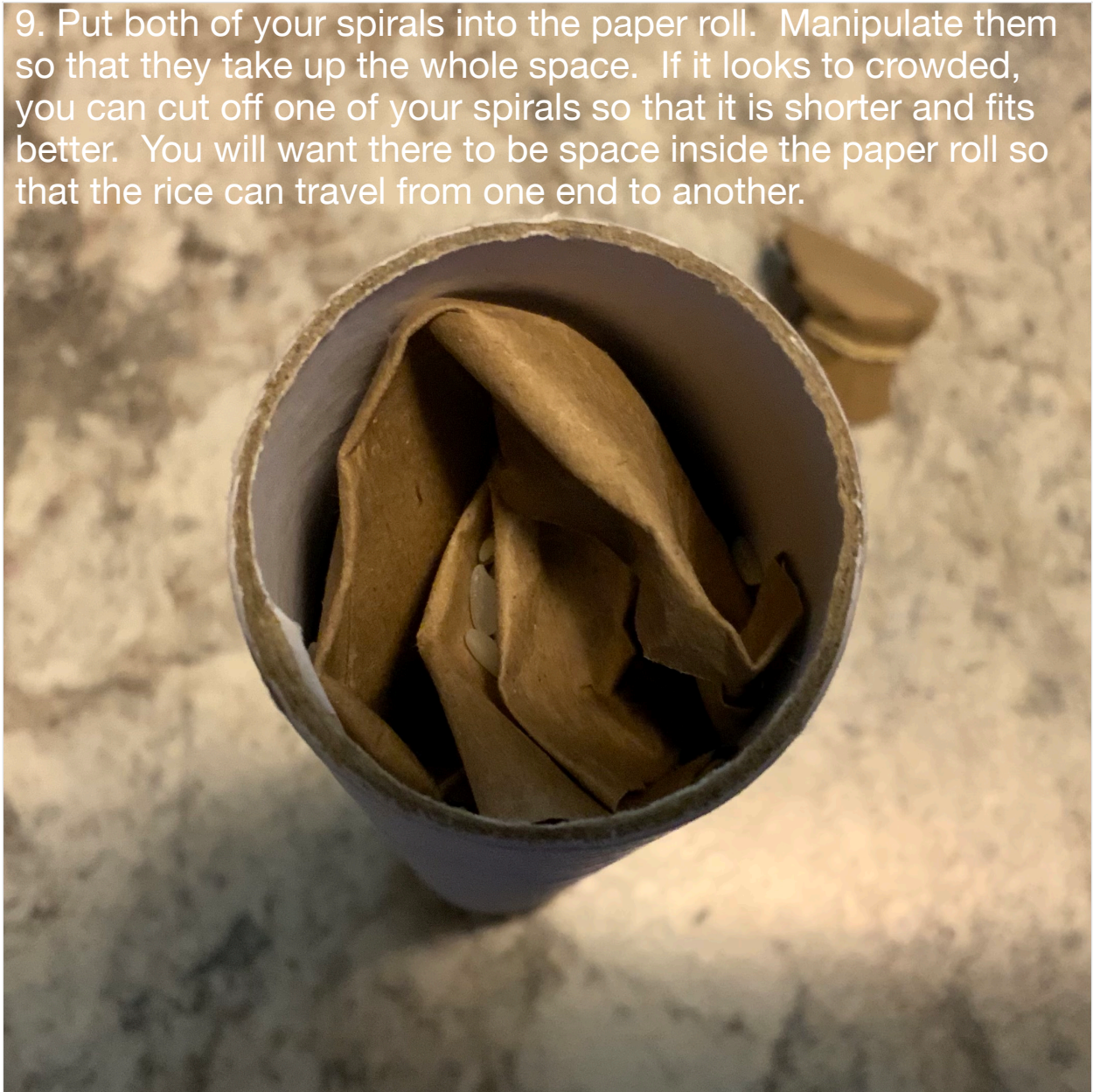
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8. Take one of your fringed circles, and attach it to the end of the paper roll with an elastic.



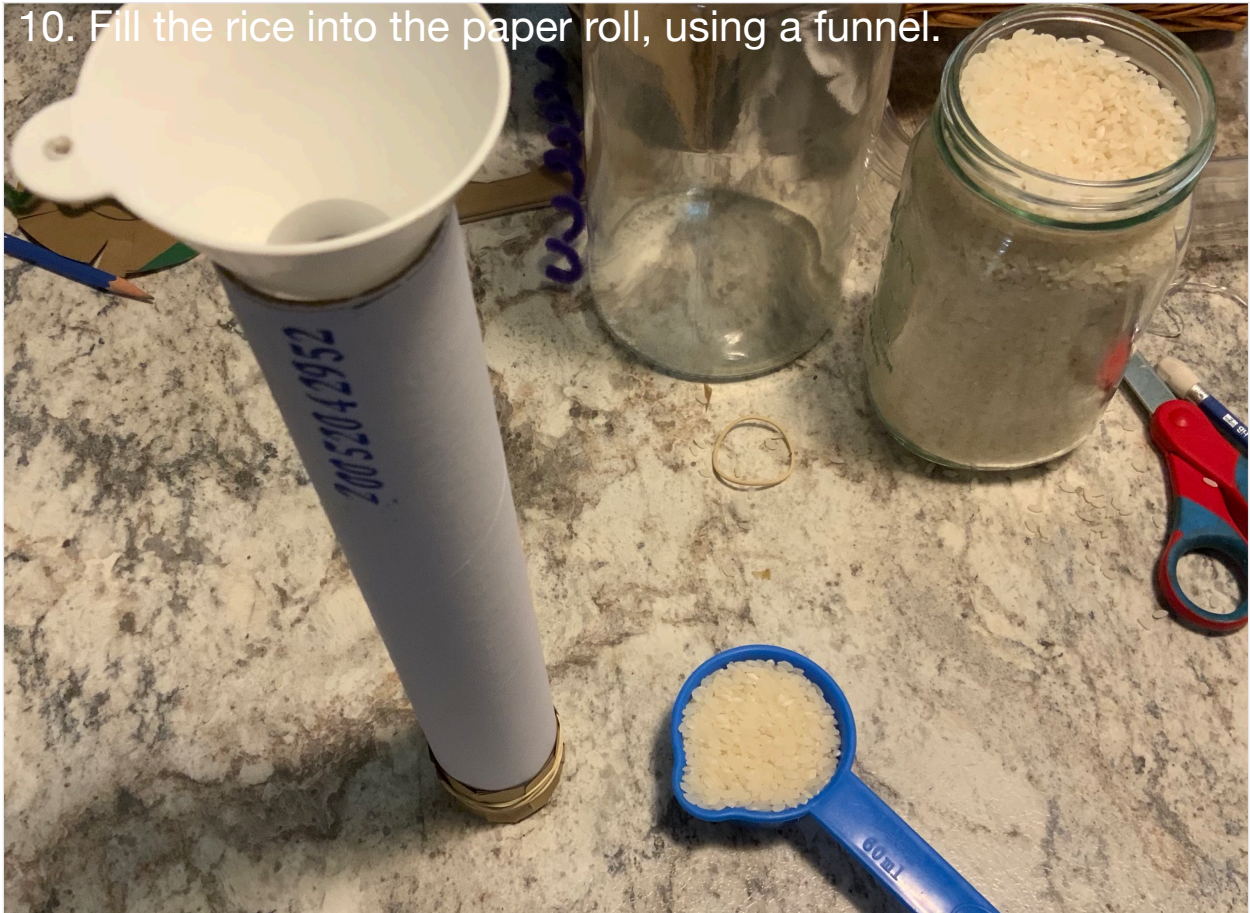
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9. Put both of your spirals into the paper roll. Manipulate them so that they take up the whole space. If it looks too crowded, you can cut off one of your spirals so that it is shorter and fits better. You will want there to be space inside the paper roll so that the rice can travel from one end to another.



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10. Fill the rice into the paper roll, using a funnel.



11. Attach the second fringed circle to your paper roll using an elastic band.



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12. Tilt the rainstick and listen to the rain!