

NATURE ACTIVITIES

RAIN STICK

Looking for a fun activity to do this winter? Look no further. Here is a nature-based activity of making a rain stick from recycled materials. Mimic the sounds of nature!

Resources/materials needed: paper towel tubes, construction paper, tape (masking, duct, washi, packing), beads, string, crayons, paint, markers, scissors, rice, beans, outdoor natural materials like pebbles and sticks, foil

Skills: Cognitive, Motor Skills, Environmental Appreciation, Hand-Eye Coordination, Technical Skills, Creative Problem Solving



Photo Credit: Donna Lee

DIRECTIONS:

Step 1: Go out in nature and explore! You can gather all sorts of objects that you can include inside or outside of your rain stick! These include twigs, pebbles, acorns, and leaves. What have you observed in nature? When it rains, what does the rain sound like?

Step 2: When you have your natural objects, go inside and make you foil spiral to fit into the paper tube. if you have a cylinder such as broom handle that is slightly smaller than the tube, start wrapping brunched foil around like the photo to the right. This should be about the length of the paper towel roll. You can also make coils with pipe cleaners to add.



Photo Credit: Gift of Curiosity

Step 3: Repeat this step for if you would like to put two inside of one or if you have multiple tubes you want to make rain sticks out of.



Photo Credit: Gift of Curiosity

Step 4: Put the coils to the side and if you want to wrap a spiral in and around this with opposite coiling you can, but it is not necessary.



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Photo Credit :Gift of Curiosity

Step 5: Get out a piece of construction paper or relatively thick paper. Place the paper tub on the paper and trace it. Now, make a bigger circle around the circle 1-2" from your original pencil marks. There should be 2 of these made for each opening of the tube.



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Step 6: Cut the circles out around the drawn bigger circle. When these are cut, now start making slits down to the smaller circle the whole way around about 1/2" from each slit. It should resemble a flower.



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Photo Credit:Gift of Curiosity

Step 7: Place the paper tube in position where it was originally traced on the cut paper circle. Now take each "petal" and fold up around the side of the tube. Tape these securely the whole way around. Only do one side at this point. Make sure there are no holes or cracks once taped, or you will have to put tape over the whole on the bottom (rice may come out if not).



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Photo Credit: Gift of Curiosity

Step 8: Now, get your coiled foil and start inserting it into the paper tube at the open end. Make sure nothing is sticking out. If you got sticks or twigs or any other larger things, you can place them inside now. Adding extra sticks actually help it sound more like rain later rather than only the foil. It slows the rice movement.



Photo Credit : Gift of Curiosity

Step 9: Once the big pieces are added, now it is time to add rice, beans and pebbles and other small objects. Use a funnel with a larger spout to fit rice and beans through. Fill the tube about 1/3-1/2 of the way or with 1/4 cup of dried rice. Feel free to experiment. You can always open it back up and add more or less if the sound is not quite right.



Photo Credit :: Gift of Curiosity

Step 10: When you are done filling it with your rice and other objects, stabilize and grab the paper circle to tape on top. Tape it the same as you did the bottom circle. Once everything is taped it is time to test out to see if you like how it sounds. Does it sound like rain? Is it moving to fast? If so, add more rice and more sticks inside to slow it down.



Photo Credit: Gift of Curiosity



Photo Credit: Gift of Curiosity

Step 11: Depending on the paper you used, it is a good idea to make the paper stronger and waterproof, by taping it the whole way across the circle and cover completely in tape. This can be packing, duct, or masking tape. You can always add another layer of paper ontop after if you wanted it to look neater.



Photo Credit : Gift of Curiosity

Step 12: Once everything is secure it is time to start decorating! Get out your favorite art supplies! Stickers, paint, string, washi tape, feathers, crayons, markers, sequins, etc. Make your rainstick shine!



Photo Credit DIY Projects

Step 13: Take your rain stick out in nature and start to slowly turn it. Make a slow rain sound. Now try to turn it at an angle more quickly. Turn it the full way up and down. What kind of sounds does it make? You can shake it, play a rhythm. Do a rain dance! Have fun connecting to the sounds of nature.



Photo Credit: CBC

Reflection: Talk about your experience. What was your experience searching for these materials? Do you like this process? What would you do differently next time? Does it sound like rain? Did you make it rain after you played it?



Photo Credit:Take Them Outside

Resources:

- <https://www.giftofcuriosity.com/diy-rain-stick-craft/>
- <https://buggyandbuddy.com/how-to-make-a-rainstick-instrument/>
- <https://craftingwithkids.net/diy-rainstick-craft-from-a-paper-towel-roll>