# HEALTHY HILLIARD

## Mind, Body, & Soul

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# MAKING A RAIN STICK

How to make a rain stick out of everyday items!

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# WHAT IS A RAIN STICK?

- A rain stick is a percussion instrument whose purpose is to sound like it is raining.
- It was originally thought that this instrument would encourage rainstorms.
- Rain sticks are normally made from a cactus.
- You play the rain stick by slowly tilting and spinning the stick from side to side.

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# MATERIALS YOU WILL NEED

- 1 Paper Towel Roll
- Tape (any kind should work)
- Toothpicks
- About ¼ cup of dried rice
- Scissors (ask your parents)

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# STEP ONE

- Tape one end of the paper towel roll closed with your tape of choice. Make sure there are no holes for the rice to get through.

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# STEP TWO

- Take a toothpick and poke a hole from one side of the roll to the other. You should be able to see both ends poke out.

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# STEP THREE

- Continue to poke toothpicks through the paper towel roll all throughout the length of the roll. Around 15 toothpicks worked here, but you can use more or fewer if desired.

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# STEP FOUR

- Once you have your toothpicks in, stand up the roll tape side down and add your rice to the open end.

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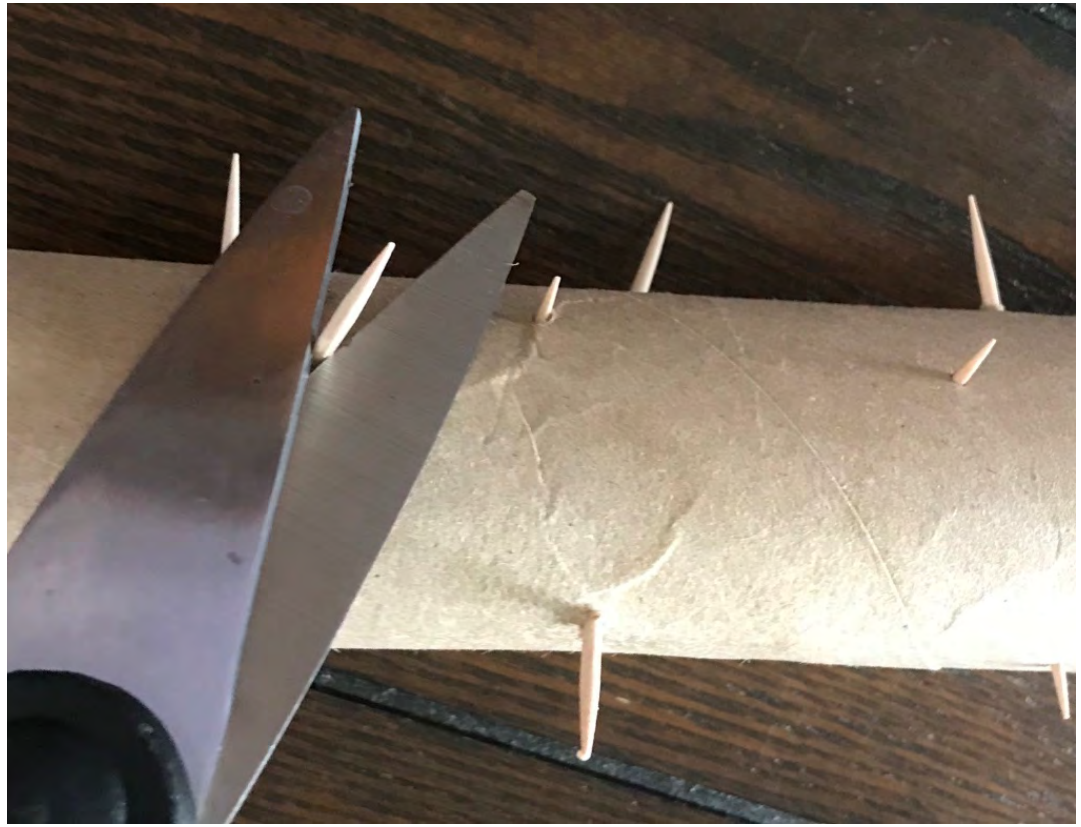
# STEP FIVE

- Once all the rice is in the paper towel roll, tape the open end of the tube closed just like (repeat step 1). Again, be sure there are no holes for the rice to escape from!

# STEP SIX



- With the help of an adult, cut off the all sharp ends of the toothpicks with scissors.

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# STEP SEVEN

- Once you have cut all the ends of the toothpicks, your Rain Stick is complete! Tilt the Rain Stick from side to side and listen to the sound of the rain.

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# BONUS STEP!

- You can decorate your rain stick with yarn, paper, markers, tape or whatever you like! Let your creative juices flow!

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