



Chapter Nine



Make Some NOISE!

Number of people: By yourself, or start a band!

You need: Recycled material and your IMAGINATION!

Goal: To make your own instruments and get movin' and groovin'!

Age: 5+

***Disclaimer:** Be respectful of your family members and neighbors. Make sure that when you're making noise it is at an appropriate time.

How to play: Playing music is not only fun, but it gets your whole body moving. This project activity is about using your imagination and getting creative with what you have. Find materials and make an instrument that you can play! Here are some ideas:

- Find some tin cans and boxes and make a drum kit.
- Use a couple paper plates and make a tambourine.
- Throw some beads/small rocks/coins in a paper towel roll and make a rain stick.
- Put some elastics around something and make a banjo.

Playing the drums for 30 minutes can burn over 100 calories, so get groovin'! Be safe and have fun!

What next?

- A Moment To Reflect!
- With family permission- take your instrument outside at 7:00 pm and make some noise for all of the essential workers that we are so grateful for!
- Have everyone in the family make a different instrument and create a song together.
- Try and play a song that you already know from music class.
- Make a music video!
- Create a song with your instruments! If you do send it to me so I can watch/listen at lforand@sd61learn.ca . You're awesome thank you!