

Do-It-Yourself: Percussion Instruments



Studies show that four minutes of drumming can:

- calm your nervous system
- reduce stress, anxiety, chronic pain, and tension
- build your immune system and boost brain function

Here are some ideas for creating your very own percussion instruments made with everyday items.

Handheld Shakers

You will need:

- A clean, handheld vessel (for example: plastic eggs, empty pill bottles, empty candle tins)
- A dry grain (for example: beans, lentils or rice)
- Washi tape
- Art supplies for decoration

1. Fill open vessel with 1-2 teaspoons of dry grain.
2. Close vessel and seal with washi tape around the opening.
3. Personalize shaker with stickers, colored tape, or paint.

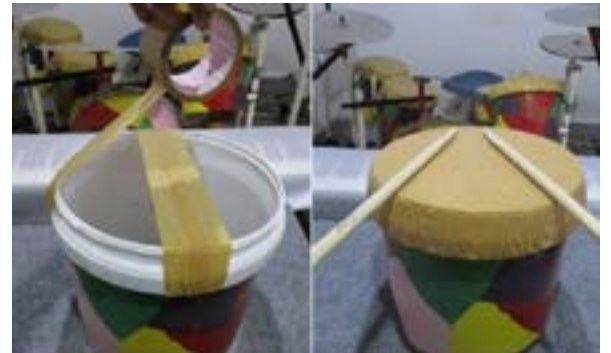


Drums

For a big drum, you will need:

- An empty paint bucket
- Masking tape
- Art supplies for decoration

1. In a crisscross pattern, use masking tape to cover the entire opening of bucket.
2. Personalize drum with stickers, colored tape, or paint.



For a small drum, you will need:

- A clean tin can (such as a coffee can)
- A rubber balloon and scissors
- Art supplies for decoration

1. Cut the end of balloon off and stretch the balloon over to cover the opening of the tin can.
2. Personalize drum with stickers, colored tape, or paint.

