

## Section 7 Yoga & Sensory Work Lesson Number:

### • NAME OF LESSON •

# Homemade Rainmaker

### MATERIALS REQUIRED

- Kitchen Roll tube or similar
- Masking tape or celotape
- Tinfoil
- Paper bag or brown paper
- Dried corn or rice
- Paper
- Colouring pencils, markers

#### HOW TO

Step 1: Get a cardboard roll [kitchen towel roll/ tin foil roll]. Then, cut out a circle from a paper bag that's slightly larger than the circumference of your cardboard roll. Trace the cardboard roll in the middle of your circle. Then, cut out about 4 equally spaced slits from the edge of the circle to your traced circle.

Step 2: Fold up your paper bag circle over your cardboard roll. Use masking tape to attach your circle to your cardboard tube and seal off an end.

Step 3: Rip out a sheet of tin foil that's about 3x as long your tube.

Scrunch the tin foil into a long snake. Then, fold it to and fro, creating a bunch of kinks. (This will slow down the fall of your rice and corn to make it sound more like a real rain stick!) When you're done, stick it into your tube!

Step 4:Mix up a bunch of corn or rice.

Step 5: Pour your rice/corn mixture into your cardboard tube. Then, seal the other end following the same directions found in steps 1 and 2.

Step 6: Now it's time to decorate your rainmaker! Cut out a piece of paper that will cover your cardboard tube. Then, doodle out a design!

Step 7:Once finished, tape the artwork on around the tube. Then voila! We have ourselves a lovely rainmaker.t