



Preschool Activity Pages

Make Music Shakers and Guitars

Area of School Readiness

Perceptual, Motor, and Physical Development:

According to the [Head Start Early Childhood Learning & Knowledge Center](#), perceptual, motor, and physical development includes motor development and health, safety and nutrition. This includes gross motor or large motor skills (like jumping, running, climbing) as well as fine motor or small muscle skills (like holding a fork or buttoning a coat). Health, safety, and nutrition includes skills for self-care (like brushing teeth), knowledge promoting healthy eating habits, and personal safety routines.

Approaches to Learning: According to the [Head Start Early Childhood Learning & Knowledge Center](#), approaches to learning refers to *how* children learn or the behaviors and skills that children need to have in order to be able to learn. These skills include both emotional and cognitive self-regulation, initiative and curiosity and creativity.

Materials**Shakers**

- One of the following:
 - Plastic cups (2 per shaker)
 - Paper plates (2 per shaker)
 - Paper bowls (2 per shaker)
 - Empty paper towel tubes (1 per shaker)
 - Empty toilet paper tubes (1 per shaker)
 - Plastic eggs (2 per shaker)
- ½ cup dry beans, rice, or popcorn kernels
- Paper
- Tape (duct tape is the stickiest and will be best)
- Stapler (cover staples with duct tape)
- Optional materials for decorations (markers, crayons, ribbon, scissors, tape or glue)

Guitars

- Empty tissue box or cereal box
- String (4-6 pieces about 10 inches long)
- Large rubber bands (optional)
- Tape (duct tape is best)
- Optional materials for decorations (markers, crayons, ribbon, scissors, tape or glue)

Purpose of the Activity

Fine Motor Skills: Your child will practice using the small muscles in their hands and fingers as they fill and put together their shakers or prepare their guitars.

Creativity: Your child will practice their creativity by creating their own music with their instruments.

Shaker Instructions

1. Collect materials for shakers.
2. Staple or tape 2 plates or 2 cups or 2 bowls together with ($\frac{1}{4}$ cup) beans or rice or kernels inside.
3. Be careful to secure all openings.
4. If using plastic eggs only add a few beans, rice, or kernels, tape closed.
5. Tubes will need one side covered first; use a small piece of paper to cover the opening and generously tape it completely closed/ then add beans or rice or kernels, about $\frac{1}{4}$ cup - then cover other opening after adding materials.
6. Sing songs or play music and play along with your instrument.

Guitar Instructions

1. Collect materials for guitars.
2. Take a tissue box and wrap 4 or 5 rubber bands around the box or tie 4 or 5 or 6 strings around the box pulled tightly and taped securely.
3. Decorate instruments with markers, crayons or other available materials.
4. Sing songs or play music and play along with your instrument.