

Cumbria County Council

Early Years Team

**What can I do
today?**



This week it is ...kitchen roll

Wednesday

Get shaking!

- Use kitchen roll tubes to make some homemade instruments.
- You could decorate the tube first.
- Place a piece of paper over one end of the tube and secure in place with an elastic band.
- Fill the tube with some items that will make a sound when you shake them, for example, rice, pasta, beads or lentils.
- Secure the other end of the tube with paper and an elastic band.
- Get shaking! You could shake along to a favourite song or try out different items in the shaker to make different noises.
- Can you shake fast? Slow? Loudly? Quietly?
- Always supervise play using small items