

Cumbria County Council
Early Years Team

**What can I do
today?**



**This week it is...
...homemade instruments**

Friday

Bottles

- Gather a collection of bottles with lids.
- Think about different items you can add to the bottle such as rice, different pasta shapes or snapped up dry spaghetti, beads, gravel, lentils etc. Make sure the lids are on very tightly.
- For young babies shake the bottle gently to encourage them to turn their heads to the sound.
- For older babies let them pick up the bottles and shake them. Always supervise as they contain small objects.
- For older children get them to shake along to a favourite song or nursery rhyme. Can they shake the bottles fast? Slow? In a steady marching beat? Can they shake them softly? Loudly?