

Make an African Rain Stick

Rain sticks are musical instruments made from bamboo trunks or other hollow wood. When gently tipped from one end to the other, beans or small stones inside the rain stick bounce off the bamboo's ridges and produce a soft sound like rain. Rain sticks are often used to accompany singing, even in church.

Help your children make simple rain sticks for use in the Thirteenth Sabbath program or to accompany their songs at the mission potluck.

For each rain stick you will need:

- cardboard tube from an empty paper towel roll
- wire nails (available at craft or hardware stores)
- two 3-inch circles cut from thin cardboard
- all-purpose glue
- two small rubber bands
- rice, beans, lentils, or beads to make "rain" noise
- 6" x 12" piece of cloth, felt, or construction paper*

Preparation:

1. Before children arrive, cut cardboard circles and make 1/2-inch slits 1/2 inch apart around each circle (see Figure 1). Cut cloth or construction paper into 6" x 12" [15-cm by 30-cm] pieces.

2. Give each child a cardboard tube and some wire nails.

Show them how to *gently* press the nails into the cardboard along the spiral of the tube (see Figure 2) without denting the tube.

3. Cover one end of the tube with a cardboard circle, folding the cut edges down over the sides of the tube. Glue ends down firmly and secure with a rubber band until the glue dries (see Figure 3).

4. Add about 1/4 cup rice, beans, lentils, or beads to the rain stick and cover the open end with the remaining cardboard circle. Glue and secure

with rubber band.

5. Remove rubber bands and cover the tube with cloth, felt, or construction paper. Apply a thin line of glue the length of the tube and carefully align cloth or paper on the tube. Press into the glue. Add another line of glue an inch or so from the first row and press the cloth into it. Continue applying glue and pressing the cloth over it until the tube is covered. Glue the end of

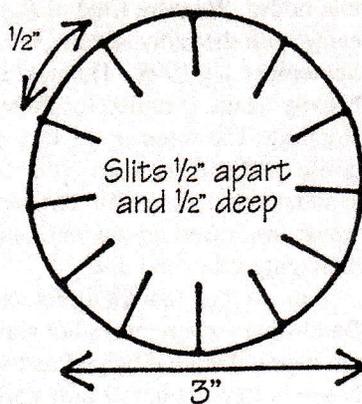


Fig. 1

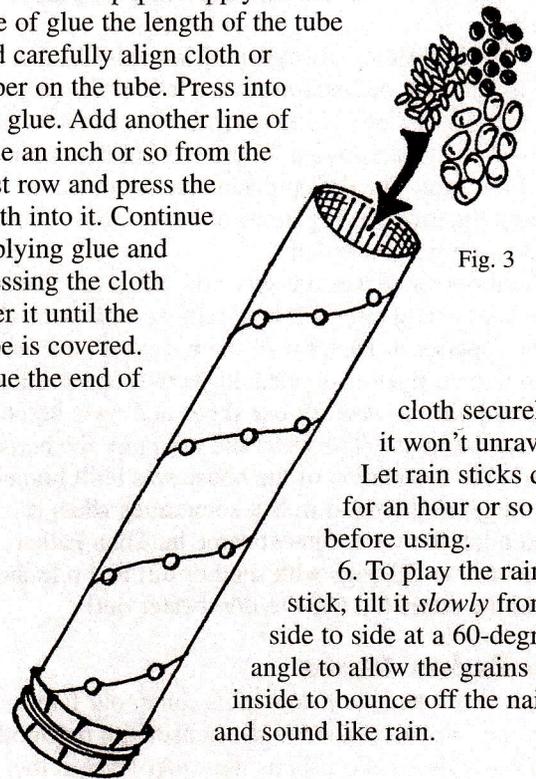


Fig. 3

cloth securely so it won't unravel. Let rain sticks dry for an hour or so before using.

6. To play the rain stick, tilt it *slowly* from side to side at a 60-degree angle to allow the grains inside to bounce off the nails and sound like rain.

* If using fabric, look for a bright African-style print.

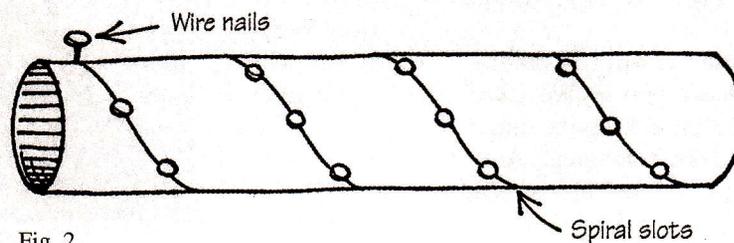


Fig. 2

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