PLAY ANYTHING
MUSIC THERAPY

HOLIDAY ACTIVITY BOOK

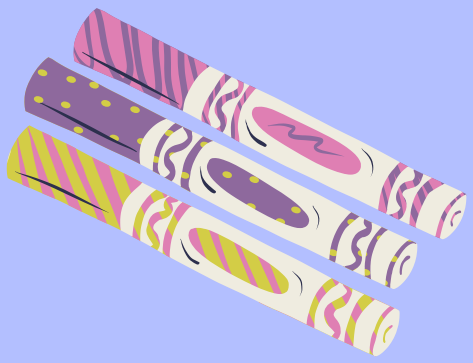
EBONY COOK (BMUS, MMUSTHY)





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D.I.Y. MARACAS

YOU WILL NEED:

Plastic eggs (you can use old kinder surprise eggs)
Plastic spoons
White tape
Dry rice/lentils/beans
Things to decorate with! (stickers, textas, paint etc.)

1. Fill the eggs with the dry rice (leave a little room).
2. Tape two spoons on either side of the egg.
3. Tape the ends of the spoons together.
4. Decorate your maracas with whatever you like!.



D.I.Y. BONGO GUIRO

YOU WILL NEED:

Empty, clean tin cans
Dry rice/lentils/beans
Balloons
Elastic bands/tape
Chopsticks/sticks
Things to decorate with! (stickers, textas, paint etc.)

1. Put a small amount of rice/beans into the can - make sure there are no sharp edges!
2. Cut off the open end of the balloon and stretch over the opening of the tin.
3. Secure the balloon with tape or a rubber band.
4. Decorate your bongo guiro with whatever you like!



D.I.Y. CASTANETS

YOU WILL NEED:

Cardboard
Metal bottle caps
Hot glue/strong glue
Things to decorate with! (stickers, textas, paint etc.)

1. Cut your cardboard into a narrow rectangle shape - we will fold this in half lengthways to make our castanet!
2. Decorate your castanet - this will be the easiest time to do it.
3. Fold your cardboard in half lengthways.
4. Glue your bottle caps onto the inside of the cardboard (like in the photo) and let dry.
5. Enjoy!



MAKE YOUR OWN SLIME!

YOU WILL NEED:

1/4 tsp Borax powder (found in the laundry aisle)
1/2 cup of clear or white PVA glue
1 cup of water, divided into 2 half cups
Decoration - glitter, beads, foam balls, food colouring etc.
Bowl, container, spoon etc.

1. In a bowl, dissolve borax into a 1/2 cup of warm water.
2. In a separate bowl, mix glue and a 1/2 cup of water together, add your food colouring (if desired).
3. Mix together. Once mixture is clumped together, remove from bowl and knead until smooth.
4. Add your decorative items and enjoy!

