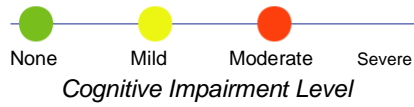


Art Activity

Rain Stick



Summary:

Residents will use a cardboard tube and a mixture of rice, beans, and popcorn to create their own soothing rain stick.

Objectives:

- Increase self-esteem/sense of accomplishment
- Facilitate decision making/power of choice
- Encourage pro-social interaction



Supplies (per rain stick):

- 18" x 2" cardboard mailing tube (find these at office supply stores or wherever commercial paper products are sold in your area) or paper towel tube/wrapping paper tube
- 2 cardboard circles, cut from cereal boxes to match the diameter of your tube
- Good quality glue stick
- Markers in assorted colors, oil pastels, chalky pastels (will need to use spray fixative/hair-spray to set pastels)
- Embellishments like beads, twine, feathers, foil, tissue paper, brown grocery bag paper, wrapping paper, plain paper to cover the outside of the stick.
- Masking tape
- 1/4 cup popcorn, rice, and/or beans (different mixtures will make different sounds)
- 2 rubber bands

Room Set Up:

- Position residents in chairs at tables
- Do not place supplies in front of residents until you have explained that step in the process
- Soft, instrumental music in the background



Facilitating the Activity

Procedure

1. Introduce the activity:

Say:

“Welcome! Today we are going to create our own rain sticks, a soothing instrument, thought to have originated with the Aztec Indians in Chile. Chile is a country in South America, occupying a long narrow strip of land between the Andes Mountains and the Pacific Ocean. It is almost 3,000 miles long, yet averages only about 100 miles wide. Northern Chile is home to the world’s driest desert, where the rain stick is believed to have originated. Rain sticks were made from long, hollow cactus tubes that were dried in the sun. The spikes were removed and driven back into the cactus like nails. Small pebbles were then placed inside, and the ends were sealed. A sound like falling rain was made as the rain stick was turned, making it useful in desert ceremonies where it was believed to bring rain. A sound like falling water is made when the rain stick has its direction changed to a vertical position. We will make our rain sticks from cardboard tubes, yet we will still achieve amazing results!”

2. Model for residents gluing the cardboard circles (centered) onto the squares of brown paper and set aside.
3. Lay out the long strip of aluminum foil and carefully scrunch it into a long skinny snake, but don’t squeeze it too tight—this will create your rain sound.



4. Twist your foil snake into a loose coil about the length of your tube.
5. Next, slide the coil into your tube and secure with masking tape at each end.



6. Spread some glue around one end of your tube.
7. Place one of the papers (with the cardboard circle facing inward) over the end of your tube and press the edges down. Hold in place with a rubber band until dry. Assist residents as needed.



8. Pour 1/4 cup popcorn, rice, and/or beans into the tube and seal the other end in the same way. Your rain stick will sound different depending on what you fill it with.
9. Decorate your tube and enjoy!

Processing

Invite residents to describe their experience with the project.

- »»Were there challenges?
- »»How did they overcome them?
- »»How do they feel about their finished product?
- »»Was the process enjoyable?

Ask:

“Did you enjoy this activity? Would you like to do this again?”

Adaptations/Modifications



Cognitive Impairment: Moderate

- Provide more strips of paper and larger bases.
- Provide paper (to fit around the tube) for resident to decorate—you may need to apply the paper to the tube.
- You will need to pour corn, rice, or beans into tube for residents that are orally fixated.
- Assist hand-over-hand as needed.
- Encourage the resident to shake or turn the tube to hear various sounds. Ask them if it sounds like rain. What memories do they have of rain?

Resources

<http://theimaginationtree.com/2011/02/diy-rain-stick.html>

<http://www.teachkidsart.net/chilean-rain-sticks/>

<http://en.wikipedia.org/wiki/Rainstick>