

**“In Life a Little Rain Must Fall...”  
and when it doesn’t, it’s time to make a  
RAINSTICK**

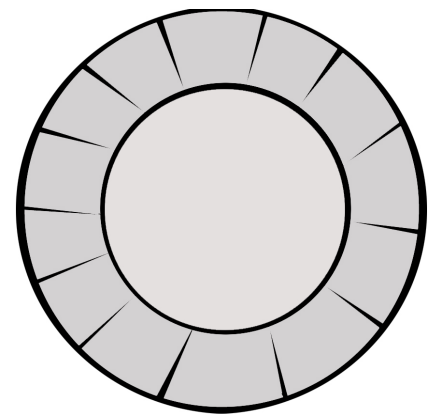
**YOU WILL NEED:** (per stick)

- (1) Paper Towel Rolls or Mailing envelopes
- (1) piece of cardstock or light cardboard (cereal box)
- (1) Rubber Band
- Some Masking Tape, scissors ,A Glue Stick (Runny Glue is NOT recommended)
- Some Aluminum Foil (for Younger Children)  
Or small nails/thumbtacks (for older children)
- Rain Stick Filler: (up to 1 cup) Rice, plastic beads, un-popped Popcorn, wooden beads
- Yarn, construction paper, marker, crayons, paint, beads ect. to decorate your Rain Stick with



**INSTRUCTIONS:**

- Trace one open end of the tube onto cardstock/cardboard, add another 3/4” – 1” around the outside of the drawn circle. (Make two; one for now and one for later) Now cut out the larger circle and add the little “slices” to it.-- Apply a good helping of glue stick to one end of the tube about 3/4” -1” from the edge.
- Place the cardstock circle over the end, and fold the tabs over the side, pressing it into the glue. Attach the rubber band to hold in place. Let glue set up for 15 minutes or so.
- Remove Rubber Band. Attach masking tape over tabs, letting the masking tape overlap on the tube.
- Now add Filler:



**\*FOR YOUNG CHILDREN:**

Take 1-2 small pieces of Aluminum Foil and gently crumple it into a long shape to fit inside, loosely. Than add your filler of rice or beads – in small amounts at a time. Place your hand over the open end and shake gentle, adjust with more or less beads until the sound – sounds right to you – like a gentle rain or a down pour!



### \* FOR OLDER CHILDREN:

Along the spiral in the tube/paper towel roll mark out small dots 1” apart. Poke the nails (which is short enough to insert into the tube without going all the way through to the other side) or thumb-tacks into the tube at each dot you marked on the spiral. Once all are in, use the masking tape to tape over top of all the nail/thumb tack heads. Then add your filler of rice or beads – in small amounts at a time. Place your hand over the open end and shake gentle, adjust with more or less beads until the sound – sounds right to you – like a gentle rain or a down pour!



- With the other circle, you set aside earlier – Cut “slices” into it too (if you hadn’t already).
- On the open end of the tube, apply a good helping of glue stick to one end of the tube about 3/4” -1” from the edge.
- Place the cardstock circle over the end, and fold the tabs over the side, pressing it into the glue. Attach the rubber band to hold in place. Let glue set up for 15 minutes or so.
- Remove Rubber Band. Attach masking tape over tabs, letting the masking tape overlap on the tube.
- Now Decorate!!!



### TO USE:

- Make a Rain chant (or use one you already know), and with Rain Stick in hand, go out side, do a little dance, say a little chant and shake up a little rain!

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### BOTTLE OF SUNSHINE!

And just in case you end up with too much rain... make yourself a bottle of sunshine! In a little spray bottle (like for watering plants, or wetting down your hair in the morning) and add to it some yellow flowers, plants, ect. (make sure they aren’t poisonous or prickly before picking – ask a parent/guardian first), you can even add a yellow stone or a plastic “sunshiny” waterproof object. Then leave your bottle (leaving the spray top off the bottle) in your conjured rain until it is filled up. Once full, or mostly, attach the spray top back on the bottle.

### TO USE:

- Make a little Sunshine Chant (or use one you know, “rain, rain go away / come again another day...”) and with your bottle of sunshine, go out into the rain, do a little dance, say a little chant and spray the rain away.
- \*\* Keep on hand (for up to 1 week in the fridge), to spray yourself lightly whenever you feel a little sad and could use a little sunshine for yourself!

**NOTE:** Why do you add Rain water to your bottle of sunshine, when you want the rain to go away? Because Sunshine (fire), can be a very strong and overwhelming element to work with, and little can go a long way, so we dilute it (water it down) a bit – with its partner element, Water. :)