

Musical Ideas for Home!

Suggestions by Sarah Forshaw, Music Therapist at Richmond Hill School

Making Instruments!

Items used: tin cans, saucepans, bins, wooden and metal spoons, balloons, beer bottle lids, cardboard toilet/kitchen rolls, large yogurt pots, margarine tub/tin box, empty plastic bottles with lids, glue, tape, elastic bands, shoe lace or wool.

Box Guitar

Find either a small shoe box, margarine tub, tin or wooden box and 2 or 3 elastic bands. Decorate the box with stickers or paint.

Place the elastic bands around the tub or box and let your child strum the bands with their finger tips.

Drums

Try out hitting upside down bins, buckets, saucepans and 2 wooden spoons! Place a variety of these items around your child so they can explore the different sounds!

You can also cut off the open end of a balloon and stretch over the top of a small saucepan. Listen to the different sound from banging on the saucepan bottom and banging on the balloon skin!



Cymbals

2 saucepan lids or 1 lid and a metal spoon! Crash away!

Castanets



Cut a 20x10 cm strip cardboard and glue 2 beer or J20 (or similar) bottle on each end using prit stick. Allow to dry
Fold the cardboard in half and snap together

Tin Can Drums

Tin cans are great instruments. Check the edges are not sharp. You can cover one end with a balloon (chop the thin end off) and secure with an elastic band.

You can rub the ridges of the can with a stick or spoon for a guiro type sound, hit the metal bottom for a bell-like sound or the top to sound like a drum.





Toilet roll kazoo!

Cut a large square of greaseproof paper and place over the end of a toilet or kitchen roll or any tube.

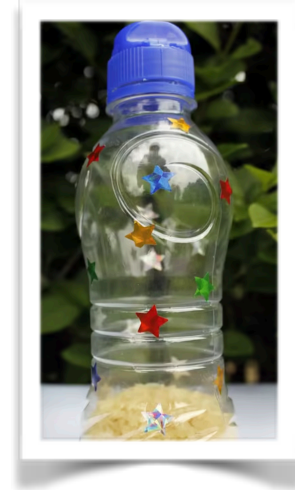
Use an elastic band to secure the paper onto the tube. Trim the paper if you need to and decorate the tube.

Encourage your child to sing or shout into the tube loudly and it will make a buzzing sound like a kazoo!

Shakers

Fill small plastic bottles with uncooked rice, dry lentils or pasta. Secure it shut with the lid and decorate the bottle. Shake!

You can also use the plastic fillable eggs which are sold around Easter or the egg-like containers inside kinder Eggs. Fill one end and with rice or lentils and seal shut with tape.



Painted stick Shakers



Go for a walk or rummage in the garden for 2 sticks that are similar sizes and look like a Y. Decorate the sticks with paint.

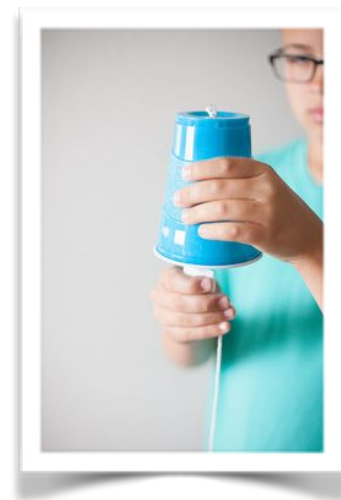
When dry, tie one end of a piece of wool to one of the short ends and thread on large beads, buttons or bells. Tie the other end of the wool or string to the other short end.

Tip: Make sure the wool or string is tight and don't thread on too many or they won't have enough room to clatter against each other!

Chicken!

To make an unusual sound to make your child laugh, use a large yogurt pot and carefully make a hole in the bottom with a screw driver. Push one end of a shoelace or piece of wool through the hole and either tie a knot or use a safety pin to stop the other end coming through.

Fold up some kitchen roll and dampen it lightly. Holding the yogurt pot in one hand, firmly hold the hanging lace or wool with the damp kitchen roll and move up and down in short sudden movements, It should sound like a chicken!



Coloured Scarves or material

You can also encourage your child to use any coloured scarves or pieces of material, ribbons to wave and make shapes with when listening to slower music - this is great after a more energetic activity if they need to calm a little.

Using the Instruments

You can either follow your child's lead and allow them to choose their instrument and play along to their favourite songs or you can try out any of the following ideas.

Play Along! Here's a Spotify Playlist to sing or play your instruments along to:

<https://open.spotify.com/playlist/1caNn2TuCdX5U5aQPvQzu7?si=p0yZCZYbQz2UMAuxXbZVtw>

Some ideas for the songs on the playlist:

I just can't wait to be King - Use shakers or a drum (or both!)

I'm Still Standing - Drum and voice and, if you have one, a keyboard

A Whole new world - a slower song to wave scarves to if things are getting a little too exciting!

You've got a friend in me - Any instrument but shakers, guitar boxes, keyboard, kazoo toilet rolls all work

While my guitar gently weeps - This is great for tin can clattering noises, guitar boxes and tapping wooden spoons together

Gentler Songs for Relaxing Movement

Somewhere Over the Rainbow - strum the guitar box or wave coloured scarves

I'm Forever Blowing Bubbles - blow bubbles so your child can pop or catch them.

I can Sing a Rainbow - wave coloured scarves, ribbons or material in big arm movements

Sharing Songs together

If your child knows the words to songs (eg nursery rhymes), sing it slowly and pause before the last word of a phrase and cue them. You can use a toy microphone, hairbrush or spoon to cue their turn.

E.g. You: "Twinkle Twinkle Little..... " Child: "Star!"
 You: "How I wonder what you..." Child: "Are!" Etc

YouTube Videos are great to watch together and play along to!

Drum along to Queen We Will Rock You

<https://www.youtube.com/watch?v=3nELJwXY6ko>

Walking through the woods today - making different sounds on a drum

<https://www.youtube.com/watch?v=lzUjZXdae8Q>

I am the Music Man by Singing Hands - sign along with Makaton or play the home-made instruments!

<https://www.youtube.com/watch?v=pdJ51ajsfCc>

Wave Scarves together - Coloured Scarf song

<https://www.youtube.com/watch?v=HvnQP2z7Z9M>

76 Trombones - marching music! Fast forward to 1"33

<https://www.youtube.com/watch?v=hdd6q0pW4DM>

Chicka Boom Song - Copy the words and actions

<https://www.youtube.com/watch?v=1b6axyuaKcY>

**Finally, please feel free to e-mail me on Sarah Forshaw
sarahforshaw@richmondhill.luton.sch.uk if you have any questions or would like
some new ideas!**