

# QUIET RATTLES

## A SENSORY CRAFT/ACTIVITY BOOKLET

What are they?  
Materials and instructions  
How to use



## QUIET KALEIDOSCOPE RATTLES

This rattle makes a quiet percussion sound.

It's great to use when working with young children because many rattles can be played without the overall volume becoming too loud.

This also works well as a sensory craft/activity for children on the autistic spectrum.

The colorful straws are fun to watch as the rattle is played and the sound is not harsh or jarring, but gentle and soothing.

### MATERIALS NEEDED

- 1) (Recycled) Transparent Plastic Container (like a plastic water bottle)
- 2) Colorful Straws
- 3) Scissors
- 4) Electrical Tape (to seal the bottles)
- 5) Pipecleaners, Yarn or Ribbon (optional)



# INSTRUCTIONS

Clean and dry plastic bottle. Keep the cap.

Cut the colorful straws into small pieces.

Cut them into pieces of the same lengths or different lengths, if you wish.

Children can fill their bottle with any choice of colors and lengths of straws.

Test the rattle by shaking it to see if the child likes the sound that it makes.

Each rattle will sound a bit different depending on how many straws are used to fill it.

Hint: "Less" often sounds better than "more".

When the child is pleased with the sound and appearance of the rattle, put the cap on and seal it with sturdy electrical tape.

If you like, use pipecleaners, yarn or ribbon to make a handle or decorate the top part of the rattle.



## PLAY YOUR RATTLE

Although a rattle is a very simple percussion instrument, there are still a lot of different ways to play it. Here are some suggestions:

Hold the rattle in one hand and shake it back and forth.

Hold the rattle in one hand and shake it up and down.

Play the rattle by “swooshing” the contents around in a circular motion.

While playing the rattle move it from side to side.

While playing the rattle, move it in an imaginary circle in front of you.

Make a crescendo sound... start by shaking your rattle slowly and then shake faster and faster until you suddenly stop!

A parent, teacher or librarian can demonstrate one of these techniques then ask the child or group to play along.

A parent, teacher or librarian can pick out a book and ask the group to play their rattles at certain special parts of a story.

It's a fun way to make a book or story interactive!

A parent, teacher or librarian can pick out a song or piece of music and show the group how to play in time with the beat.

## ENJOY YOUR RATTLES!

# ABOUT DARIA

World Music children's performer DARIA  
(Daria Marmaluk-Hajioannou)

has spent almost three decades performing  
in the USA and around the world,  
creating music to inspire all the world's children.

Along with numerous national awards for her culturally diverse music,  
Daria is a published author of multicultural teaching resources  
and even has a free APP that introduces children to world cultures  
through music, world music instruments and musical play.

Along with bilingual versions of popular world music songs,  
Daria's "I Have A Dream" song is used widely to celebrate MLK Day.

Her Earth Day anthem is used in over  
a dozen different countries around the world.

Her "Beautiful Rainbow World" song is used in Australia  
as part of a "Respecting Others" curriculum,  
in South African schools as part of a "Teach Tolerance" initiative  
and in a recent book, BEAUTIFUL RAINBOW WORLD,  
that features dazzling images of multicultural  
and mixed race children from around the world.

Daria is a favorite performer in many library systems because  
her interactive program invites kids of all ages,  
abilities and backgrounds  
to become part of a

BEAUTIFUL RAINBOW WORLD