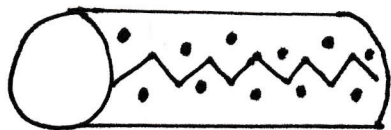


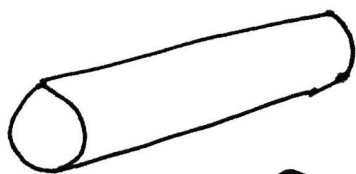
Psalm of Praise

Making musical instruments

Shakers



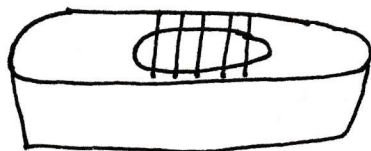
You need — a piece of tube, about 8cm long



2 card discs — made by drawing around the end of the tube and cutting them out.

Using sellotape stick one disc to one end of the tube.
Pour in about a dessertspoon of uncooked rice.
Seal the other end with the 2nd disc.
Decorate the outside of the shaker.

"Banjo"

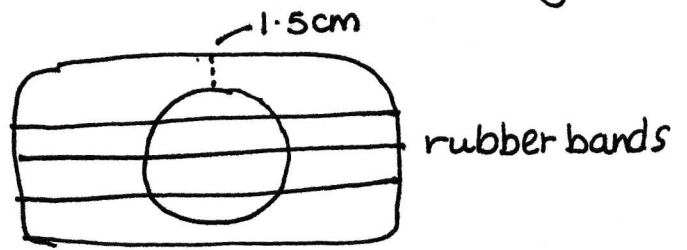


You need ~ a plastic dish or box. Piece of thick card big enough to cover the top. 5 rubber bands of different thicknesses.

Cut a rectangle of thick cardboard to fit across

the dish or box.

Cut a hole in the centre of the card leaving
 $1\frac{1}{2}$ cm each side



Stretch the rubber
bands across the length
of the card (about 5).

Make sure they are quite tight

Fix the card on top of the dish or box.

[If the bands are too loose they will not make a note
so try shorter bands — do this before you stick it
to the box or dish]

Write your own Psalm (or song) of Praise.

We'd love to read them if you would like
to send them to us.

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