

Rain Stick

Don't forget to cover your work surface with newspaper or a messy mat before you start!
Scissors are sharp and should never be used without help from an adult.



You will need:

Empty crisp tube, scraps of felt fabric, kitchen foil, paints and paintbrush, safety scissors, PVA glue, rice.



1. Paint the crisp tube with lots of bright colours. You may need to paint it white first so that the writing doesn't show through.



2. Draw around the end of the crisp tube onto felt. Make this circle about a centimetre bigger, and cut it out. Glue the circle onto the end of the crisp tube so that it overlaps. Snip all around the outside of this circle with scissors and glue down the flaps that you have cut. Cover the lid of the crisp tube in the same way.



3. Cut clouds, suns, raindrops, flowers and rainbows from scraps of felt. Glue them onto the different coloured sections of the rain stick.





4. Scrunch up strips of kitchen foil and twist them into a long spiral shape. Put the spiral inside the rain stick. Pour some rice into the rain stick and glue on the lid.

Rain sticks are rhythm instruments that make the gentle sound of rain when you shake them. Try using dried beans or peas instead of rice to make a different sound.



Would you like your artwork to be featured on the Great Spirit Series website?

All you need to do is draw or paint a picture of your favourite character or story from the Great Spirit Series and tell us what you like best about the meditations and characters. You can ask a grown-up to help you with this if you need to.

There are two ways you can send in your artwork -

1) You can ask a grown-up to take a good-quality photograph of your picture and send it to us by email with your name, address and age to - competition@greatspiritseries.com

2) You can send your artwork with your name, address and age by post to Great Spirit Series, PO Box 725, Orpington, BR6 1AX. We regret, however, that we will be unable to return your artwork to you.

Don't forget to tell us what you liked best about the meditations and why. All winning entries will be featured on the Gallery Page of the Great Spirit Series website.

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The Great Spirit Series

www.greatspiritseries.com

