



**Long Activity**  
**Ages 0–3**  
**30 minutes**

## Music Shakers

---

### Description

Create music shakers to use for singing and dancing programs.

### Competencies

- Sensory motor skills
- Social interaction
- Body awareness
- Rhythm and music appreciation

### Materials

- For the shaker: containers with a secure lid, including small jars, tins, bottles, and plastic Easter eggs; small shakers work best for little hands
- For inside the shaker: pebbles, stones, corn kernels, beans, rice, beads, or other small objects
- Optional: markers, paint, or stickers to decorate the outside of the shaker
- Optional: colourful string, ribbon, feathers, or other decorative material
- Glue or tape

### Preparation

- Collect all the items needed to make the shaker

### Implementation

1. Distribute one container per participant
2. Optional: As part of the program, you can walk with the caregivers/participants outside to collect pebbles and stones for the shakers
3. Fill the shaker about one-quarter to half-full with pebbles or stones, etc.
4. Tape or glue along on the closure of the shaker for extra security to ensure the small material does not spill out
5. Optional: participants can use the markers, paint, or stickers to decorate the outside of the shaker

6. Optional: use colourful string, ribbon, feathers, or other decorative material and attach it to the shaker using glue, tape, or by cinching it into the lid prior to sealing it
7. Use the shakers to sing along to any type of music, using recorded music and speakers if desired (song recommendation: ["Shake it Baby, Shake It" by Rainbow Songs](#))
8. Provide different instructions for shaking along to the music, including fast vs. slow, loud vs. soft, above your head vs. down at your toes, and in front of your body vs. behind your body

## Book Suggestions

*Forest Baby* by Laurie Elmquist

*I Love You Like...* by Lori Joy Smith

*A Walk in the Forest* by Maria Dek

*Wild One* by Jane Whittingham

## Images and Templates

