

Make your own

Rain in a Tube



**Rain in a tube can be used to hold, fidget with,
manipulate and listen to.**

It is great to use for

focus

calming

grounding

distraction



Materials and equipment

Materials you need:

- 1 x cardboard tube

e.g. paper towel roll or a long, thin plastic jar

- ½ cup of uncooked grains

e.g. rice, popcorn, lentils, chickpeas or other legumes (you can use more or less, depending on the sound required and size of the tube)

- masking tape
- paint or coloured tape
- a range of textured embellishment bits and pieces

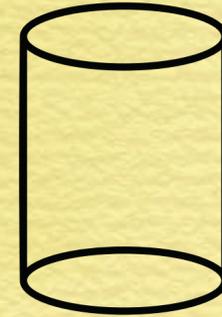
e.g. ribbons, fluffy balls, feathers, sequins, beads, pipe cleaners, coloured paper

Equipment needed:

- scissors
- hot glue gun or craft glue
- funnel
- optional: paint brushes, water to clean brushes, painting aprons

Materials and equipment

- 1 x cardboard tube



- grains



- masking tape



- paint or coloured tape



- decorations



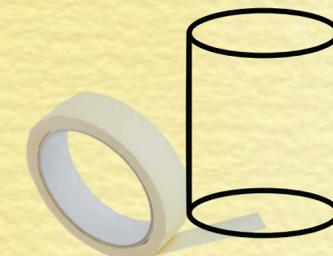
- scissors



- glue



Steps



1. Seal one end of your tube with masking tape



2. Place grains into the tube



3. Seal the other end with masking tape



4. Decorate the outside of your tube

You may add more or less grains, or use one or a combination of different grains to create various sounds.

Notes

Caution:

When using a hot glue gun ensure that children are properly supervised so they do not burn themselves or get glue everywhere. You may wish to use craft glue instead for a safer option however the glue may not hold as well or set as quickly.