

Create instruments and make musical sounds together.



## Activity Overview

### Purpose

Use imagination and art to make instruments out of supplies and materials found around the safe space; Play music together as a group to have fun together and collaborate.

### Objectives

Adolescents will be able to:

- ▶ Use innovative ideas to make and play instruments in a group.
- ▶ Build a positive environment through collaborating on a music project.

### Competency domains

Creativity and innovation; Cooperation and teamwork.

### Works well for

Adolescents who are still getting to know each other.

### Phase

Knowing Ourselves.

### Before

No activities required before this one.

### After

No activities required after this one.

### Preparation

None needed.



# Musical Band

1

## **Explain:**

Participants will create musical instruments to play. They can use all of the materials available and they can look for material such as rocks and sticks from nearby outside.

2

Present the available materials.

3

## **Explain:**

- ▶ A drum can be made by taping or gluing paper to the top of a cup, or by turning a can upside down and tapping sticks or rocks on it.
- ▶ Gluing straws together can create sound when you blow air through them.
- ▶ Placing tiny rocks in a cup and gluing or taping paper to seal the lid can make sound when you shake it.

4

Give participants time to create their instruments. They can do this individually or in groups.

5

## **||| Facilitator says:**

"Every adolescent creates a unique sound with their object."

6

## **||| Facilitator says:**

"As a group, you will become one 'instrument' that I can 'play' as the conductor by pointing to you. So, if I point at you, make the noise at the same time that I point to you."

7

## **||| Facilitator says:**

"One person will start by creating a unique rhythm or sound pattern. Others join in one at a time to create a unique song as a group."

8

## **||| Facilitator says:**

"Next, as a group, create the loudest sound you can. Then create the quietest sound you can."

9

When everyone has created an instrument, invite them all to play their music together. Help them to create 'songs' together by cueing different groups to make sounds with their instruments in different sequences or patterns. Give adolescent participants a chance to take turns being 'music director' if they seem ready to do so.

10

## **Sharing and Take Away:**

Ask: "What was it like to play music together?"

11

Let participants take their instruments home if they would like to do so.

### Do & Don't

- ✓ Let participants be creative.
- ✓ Help participants construct their instruments .
- ✓ Use available materials from the surrounding area.
- ✓ Provide positive feedback on instruments.
- ✓ Stay calm - this activity can get noisy!
- ✗ Tell participants how to make their instruments.
- ✗ Criticize instruments.
- ✗ Tell participants they cannot play their instruments.

### Adaptation

Use materials outside of those in the supply kit, if available.

### Environment

Indoor or outdoor space.

### Supplies

- ▶ Flipchart paper.
- ▶ Markers.
- ▶ Cups.
- ▶ Small rocks.
- ▶ Paper.
- ▶ Straws (if available).
- ▶ Glue or tape.
- ▶ Rubber bands (if available).
- ▶ Scissors.
- ▶ Sticks.
- ▶ Cans (if available).

### Improvise

Adolescents can create songs together with their instruments or try to play a song everyone knows. Create a "sound track," or a song that can accompany a story (just as music accompanies a movie or television show). Decide which 'instruments' represent certain feelings or ideas, then have them become the sound track to a silent role play.

### Continue

Encourage participants to use music and songs in activities, including opening and closing circles.