

Make an Egg Shaker and Dance!



Want a creative way to practice rhythms and incorporate movement activities into your day? Egg shakers are easy and fun to make and use.

Did you know that using and identifying musical beats supports the development of listening skills and concentration in young children? When children move to a regular beat they are also practicing many fine and gross motor skills necessary for daily life and school. Research has shown that children who are able to identify and repeat musical beats. Do better in academic subjects, especially math and literacy.

How to make an egg shaker

Many of us have lots of plastic eggs around at this time of year, if not don't worry, there are many other ways to make a shaker.

Supplies

Plastic eggs

Glue gun or super glue

Filler of your choice:

Rice. Beans Popcorn kernels

Lentils. Beads. Seeds

Small pebbles or anything else you might like to try!

Directions

Decide what filler you want to use.

Fill each egg with 1 or 2 teaspoons. Of filler

Glue eggs together. Work quickly!

Wrap with tape for extra security.

Because these shakers are homemade, they may present a choking hazard for little ones! Please don't give these to children still mouthing objects and supervise children when using.

Other shaker ideas

Plastic water bottles 8 oz. size is perfect



CFCE Program

The CFCE Program is funded by a grant from the MA Department of Early Education and Care.

It is managed by Community Teamwork



Make an Egg Shaker and Dance!



Empty spice jars
Salt and pepper shakers
Baby food jars
Small mason jars
Choose filler and fill a quarter to a half full
Glue cap on for extra security

Experiment with sound and add a science component to your music making by playing with the fillers you use in your shaker. The type and amount of fillers used and the size of your shaker will affect the sound quality produced.

Use your shaker!

Shake a simple rhythm, short, long, long
Shake high, shake, shake low
Shake fast, shake slow
You could also fill pairs of shakers with the same filler and have children find the two that make the same sound

There are many songs on YouTube for shakers. Try looking for shaker songs for children.



CFCE Program

The CFCE Program is funded by a grant from the
MA Department of Early Education and Care.
It is managed by Community Teamwork

