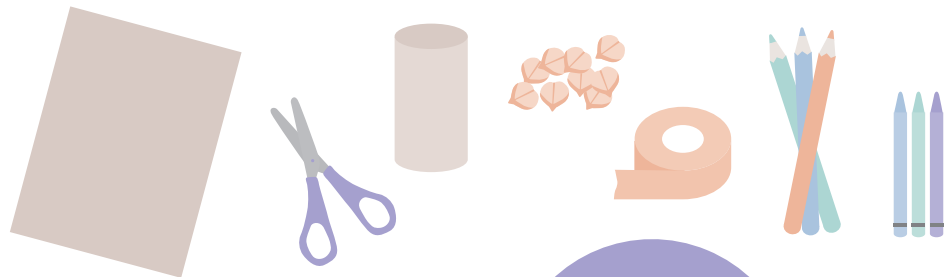


MSO

Make your own shaker

You need:

- A toilet roll
- A sheet of paper
- Tape
- A pen or pencil
- A handful of dry beans, lentils, rice or chickpeas
- Scissors (use with care and under supervision)
- Coloured paper, paint, pencils, pens or crayons for decorating

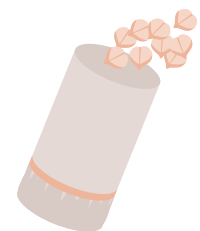
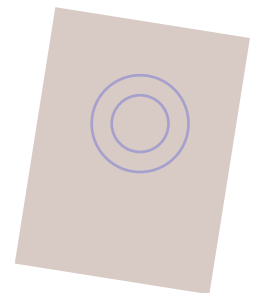


EXTENSION IDEA!

Gather rocks or twigs on your daily walk to use instead

Instructions:

1. Take your toilet roll and stand it on its end on the piece of paper. Draw around it so you end up with a circle on the paper, the same size as the toilet roll.
2. Remove the roll and then draw a second, bigger circle around the smaller toilet roll circle. Make it about twice the size of the smaller circle inside.
3. Cut out the larger circle so you have a disc of paper with a circle drawn on it.
4. Now repeat steps 1–3 so you have 2 discs.
5. Cover the end of the toilet roll with one disc of paper. Tape it on securely to form a seal or lid. Don't leave any gaps.
6. Now, fill the toilet roll 1/3 of the way with your beans, lentils, rice or chickpeas. You'll need a small-person's handful only.
7. Seal up the open end of the tube with your second disc. Ensure both ends are taped securely and then decorate.



When you shake your shaker gently, you'll hear the jigga-jigga and swishy-swash of the beans, lentils, rice or chickpeas inside.