Sensory Rain Sticks

Traditionally, rain sticks are hollowed out plant stalks filled with pebbles or seeds.

For centuries, indigenous people from all over the world have used rain sticks in ceremonies to attract rain.

Rain sticks are well loved by babies and older children. They are also particularly good for people living with dementia. They remind people of the sound of gently falling rain, which is harmonious and relaxing.

Rain Sticks are so easy to make! Clients who enjoy craft activities will love making them.

Materials:

- Cardboard tubes (recycled)
- Cardboard
- Duct tape (any colour)
- Scissors
- Rice, or dried beans, macaroni, lentils, whatever you have on hand
- Contact paper
- Aluminium foil

Decorations

Rain sticks may be:

- Sprayed painted
- Brush painted
- Covered with wrapping paper
- Covered in glitter

Instructions:

- Trace and cut out two circles from one end of tube onto cardboard to make the ‘lids’
- Decorate tubes as desired
- Close one side of the tube with a cardboard circle using duct tape
- Tear off two or three pieces of aluminium foil a little taller than the tube
- Fold and crumple each piece of aluminium foil
- Weave the aluminum pieces together and place inside tube
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- Insert a quarter cup of rice or other grains into the tube
- Seal the end with another cardboard circle and duct tape
- Cover rain maker in contact paper for endurance (optional)

Video Instructions

We'd love to hear your feedback on this activity!