



Infinity Music Therapy Services

The Possibilities Are Endless

How to Make Instruments at Home

You don't need fancy or expensive instruments to make music at home. Try some of these options for your next family jam session or to prepare for your online music therapy session.

Shakers: Shakers can be made using all kinds of household materials. The type of material you use and the material you fill it with will create different sounds. Experiment with different pairings. How many kinds of sounds can you make? Here are some ideas to get you started. Don't forget to decorate your creation to make it really stand out!

- Duct tape two paper cups together with dry beans inside
- Semi-fill Tupperware/mason jar/recycled cans/water bottles with rice
- Fill old easter eggs with uncooked macaroni.
- Tape an easter egg between two spoons and fill it with beads to create a maraca.
- Fill an empty water bottle with unpoped popcorn kernels
- Staple a paper plate in half and fill it with beans

Kitchen Band: Your kitchen is full of different sounds! Experiment with different “mallets” on different “drums”.

- Types of “drums”: Pots, pans, cutting boards, Tupperware containers, large bowls
- Types of “drumsticks”: Wooden spoons, spatulas, ladles, whisks, chopsticks
- Types of “rhythm sticks”: Tap together two wooden spoons, spatulas, etc.
- Types of “guiros”: Rub a whisk down a cooling rack
- Types of “cymbals”: Tap two pot lids together, tap a pot lid with a measuring cup
- Types of “triangles”: Bend an old spoon into a triangle and hang on a string, tap with another spoon

Musical Bottles: Have you ever wanted to play music on a homemade wind instrument? Well now you can! Gather as many empty plastic/glass bottles as you can (soda/water bottle shapes tend to work best). Depending on the sizes of the bottles, they will produce different pitches. If you want to get fancy, try adding different amounts of water to the bottles before blowing into them. What happens to the pitch when you add more or less water?

Need more ideas, want to schedule session, or have other questions? Contact us at info@infinitymusictherapy.com or (860) 518-5557 and visit us at www.infinitymusictherapy.com. Don't forget to follow us on Facebook!