

Ankle Shakers

Activity 3

Figure 1

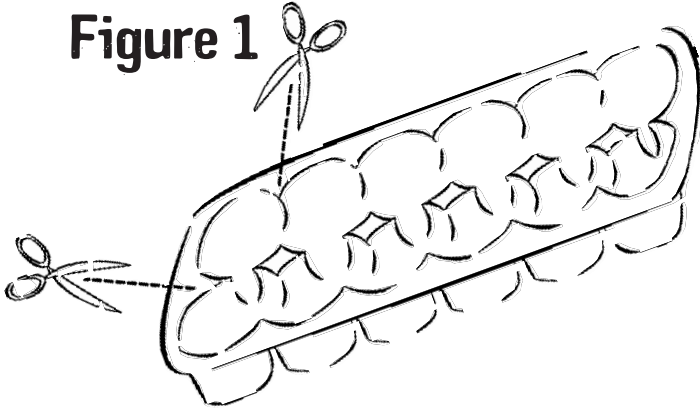


Figure 2

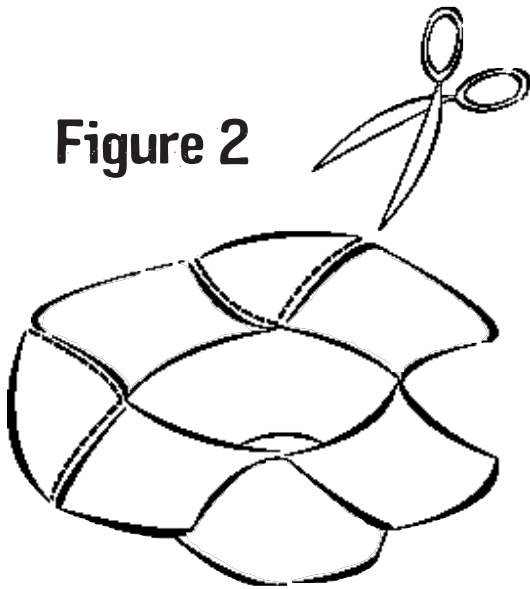
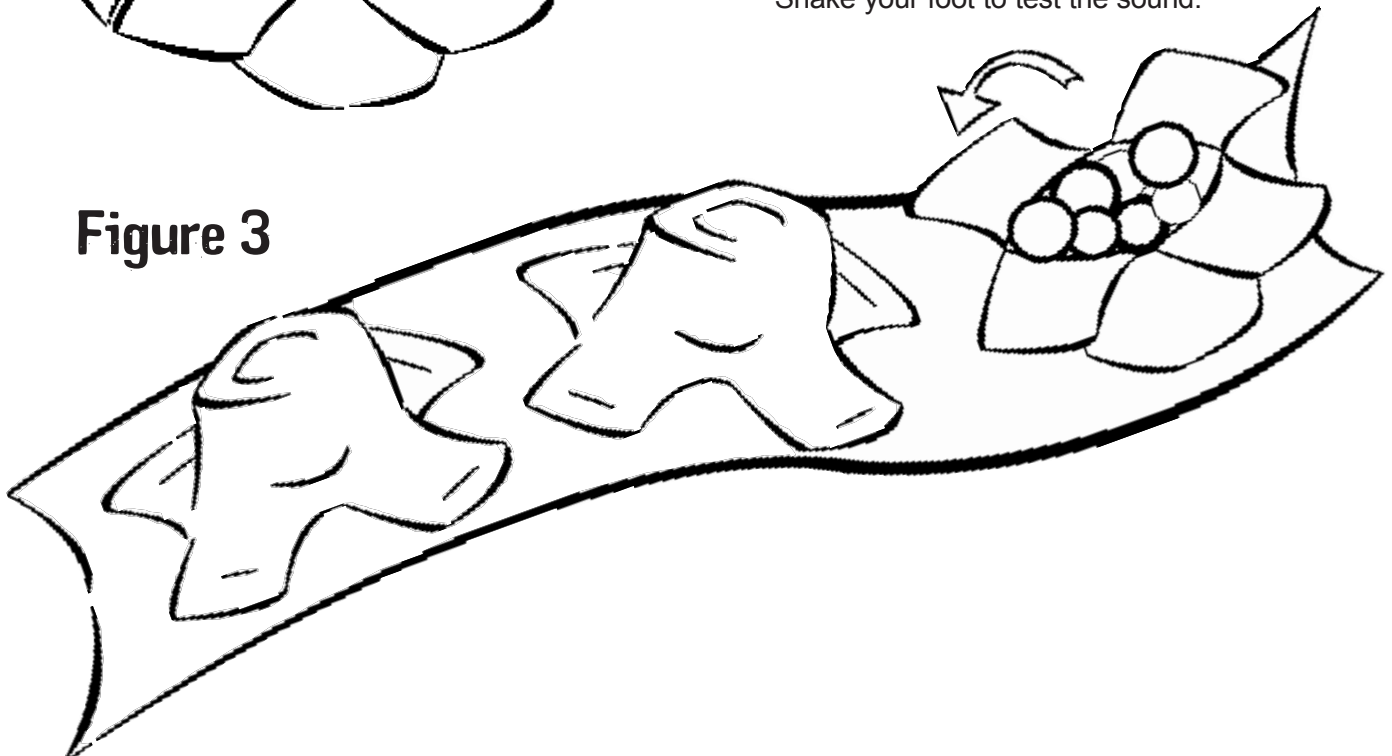


Figure 3



1) Cut two strips of paper, each 6 cm by 31 cm.

2) With scissors, cut out the “cups” on the bottom half of an egg carton so that you still have part of the carton around the outside of the cup. Recycle the top of the carton. (Figure 1)

3) Bend back the flaps around the top of the cup. (Figure 2)

4) Take the strip of paper and place one of the cups face down about 4 cm from the end. Staple two sides of the cup to the strip of paper.

5) Slide stones or beans into the cup and staple the remaining two sides on to the strip of paper. (Figure 3)

6) Repeat with six or seven other cups. Make sure there are no gaps for the stones or beans to pop out.

7) Fit the strip around your ankle. Overlap and fasten the ends with masking tape. Shake your foot to test the sound.