

Family Drum-Making Instructions

Year 1 – Sound & Silence · Josie Education Program

(Ages 1–2 · Theme: Heartbeat & Rhythm)

Purpose

To introduce Josie to **vibration, rhythm, and cooperation** through a hands-on family craft. Making and playing drums together builds fine-motor coordination, auditory awareness, and shared joy.

Materials

- 1 empty **oatmeal canister**, coffee can, or large tin
 - 1 **balloon** or piece of parchment paper (to stretch over the top)
 - 1 **rubber band** or duct tape
 - **Decorations:** markers, stickers, paint, or paper
 - **Drumsticks:** wooden spoon, chopstick, or craft dowel
- ♦ *Tip:* Have a smaller container ready so Josie can bang safely while you work on yours.
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Instructions

1. Prepare the Drum Surface

- Cut the neck off the balloon (about halfway down).
- Stretch the remaining round part tightly over the open top of the can.
- Secure with a rubber band or tape.

2. Decorate Together

- Use washable paint or markers to draw colors and patterns.
- Optional: write names or add stickers that represent family members.

3. Explore Sounds

- Tap softly, then loudly.
- Try different “drumsticks” — fingers, spoon, palm.
- Notice how the sound changes when you press on the top or tap the sides.

4. Family Rhythm Game

- One person plays a short pattern (tap-tap-pause-tap).
- Everyone else echoes the same pattern.
- Switch leaders after each round.

5. Heartbeat Connection

- Place Josie’s hand over your heart.
- Tap that rhythm on the drum.
- Say, “That’s the sound our bodies make all the time.”

Variations

- **Double Drum:** make one high (small can) and one low (large can).
- **Nature Drum:** fill the can with a little rice or beans before sealing for a shaker sound.
- **Community Drum Circle:** invite siblings or friends to make their own; each leads a rhythm.

Reflection Prompts

- “Which sound did you like best — soft or loud?”
- “How does it feel when we drum together?”
- “What happens when we all stop at once?”

Add her responses or a short video link to your **Weekly Learning Log**.

Learning Domains

Domain	Skill Developed
Science	Vibrations create sound; cause and effect
Math	Beat counting; pattern recognition
Art	Design and decoration

Music	Rhythm and tempo
Social-Emotional	Turn-taking, cooperation, joy
Physical	Hand-eye coordination, motor control

Parent Notes

- Supervise drumming to protect ears; short bursts are perfect.
- Encourage “listening breaks” between beats — silence is part of rhythm.
- Date and store one photo of the finished drum for Josie’s portfolio.