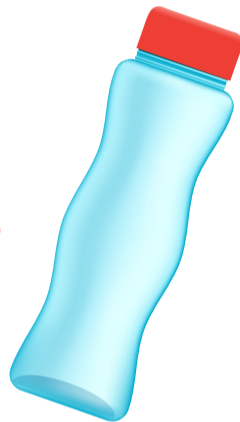


# MUSICAL SHAKER MOVES!

Make your own musical shaker and design it your way!  
Use it to make music and dance with!

## STEP 1

Find an empty plastic container (water bottle, jar, cylinder or box).



## STEP 2

Fill the container with rice, corn kernels, tiny pebbles, or other tiny items, and close the container.



## STEP 3

Decorate it with stickers, markers, tape, and anything you want.



## STEP 4

Shake your shaker to make music and dance!



WHAT'S  
YOUR **30**?  
30 MINUTES. 30 DAYS.



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