Rainsticks

20,40,60 ,80,100CM.

Sensory and/or physical needs

Self-played:

- Gross motor skills required for ‘twisting’ from wrist
- Shoulder strength
- Stretching enhances muscular co-ordination
- Large arm muscle movements required

Practitioner-facilitated play:

- Practitioner holds and student ‘activates’ by pushing or touching one end
- Progressively stronger push or touch required
- Progressive stretching to reach out to affect instrument

Social, emotional and mental health

- Listening
- Pleasant, sustaining sounds
- Sounds move from one place to another, enhancing auditory ‘following'
- Show by picture or other visual cues helps self-esteem growth
- Can be used as a ‘reward’ instrument

Communication and interaction

Rainstick ‘conversations’

- Improve listening
- Improve turn taking
- Observe how others play
- Praise and appreciation upon task achievement

Cognition and learning

Gentle, fun and challenging muscle lengthening can help improve relaxation, attention, focus and engagement – all key functions related to stress-free learning