

# Shake, Shake, Shake!

Get ready to move and groove with your very own, homemade musical instrument!

## What you will need:

- 2 Paper Plates
- ½ cup of dried beans
- Stapler
- Crayons
- Vol. 3 Move and Groove



## Directions:

Once you have gathered all of the supplies you need for this project, you can begin!

1. Color the bottom of your paper plates.
2. Turn one plate right side up and place a ½ cup of beans on it.
3. Take your other plate and lay it bottom side up on the plate with the beans.
4. Ask a grown up to staple 10 times around the plate to make sure none of the beans will fall out.
5. Now, turn on *Move and Groove* and get ready to wiggle with your new tambourine!