



### **EYFS Links:**

Topics – Music, Being Healthy

### **Ages & Stages Links:**

PD28 Moves freely and with pleasure and confidence in a range of ways

EAD16 Beginning to move rhythmically

EAD29 Creates movement in response to music

EAD38 Explores the different sounds of instruments

### **Activity:**

Make your own Fruity Maracas!

You will need 2 paper cups, some sellotape, the pips of 3 apples (you can use as many as you like and seeds from other fruits as well), things to decorate your maracas – glitter, tissue paper, paper shapes etc

- Take one of your cups and fill it with your fruit pips (you can also use rice or pasta if you don't have lots of fruit pips)
- Put your other cup on top of the cup you just filled up making sure that the rims match up
- Sellotape your two cups together to make sure no pips escape!
- Decorate your cups with anything you like to make them as bright and sparkly as possible
- Put on your favourite song, shake your maracas and have some fun!