

# Weather the Storm

Activity designed by TWU OT Students  
Inspired by *Head in Tree* by Rona Pondick



## You Will Need:

- Paper towel roll
- Foil (Approx. 7')
- ½ Cup of rice
- Tape
- Two 3" Circles of Paper



## How to Make a Rainstick

- Tape one circle of paper to the end of the paper towel roll.
- Wrap the sheet of aluminum foil around your finger and fit the foil coil inside the paper towel roll
- Next, carefully pour the rice into the roll.
- Tape your last circle over the top of the paper towel roll.
- Finally, decorate your rain stick to your liking.
- For more information, please visit: <https://www.giftofcuriosity.com/diy-rain-stick-craft/>

## Plant Your Roots

- Imagine you are a tree. We are going to plant your roots. **STOMP YOUR FEET!!**
  - Next, let's grow your tree trunk. Start close to the ground and **STRETCH YOUR ARMS ABOVE YOUR HEAD. STAND** until you are as tall as you can be!!
  - Let's grow some branches, **REACH YOUR ARMS IN EVERY DIRECTION**, and **SPREAD YOUR FINGERS WIDE**. Finally, **SWAY** and **DANCE LIKE A TREE IN THE WIND!**
- You're ready to weather the storm!!



## Weather the Storm

- Grab your rain stick. Copy the sounds of rain. **TILT YOUR STICK FROM SIDE TO SIDE..** The **FASTER** you **TILT**, the **LOUDER** the **STORM**.
- STOMP YOUR FEET** to add thunder, and **FLIP THE LIGHT SWITCH** to add lightening.
- Finally, **THINK** what a tree looks like in a storm? **MOVE YOUR BODY** to copy its movement..

## Move Your Body

- THINK!** What does a tree do after a storm?
- STAND UP TALL. STRETCH YOUR ARMS** out wide like branches. Now **STRETCH YOUR FINGERS** to copy leaves growing in the sun after the storm.
- Gently **SWAY IN THE WIND** and feel your body come back to rest, as a **TALL, STRONG TREE**