

# RAINBOW Shaker

Make Thursday's NHS clap a little louder with this simple **Rainbow Shaker** we've made from bits around the house.

## All you'll need is:

The inner role from a kitchen towel (or toilet roll), some paper clips  
(or any light, loose objects. Rice and pasta work well!), some sticky tape and rainbow colours!



### Step 1:

Tape one end of your cardboard roll leaving no gaps.



### Step 2:

Place your paper clips (or whatever you're using) into the other end of your roll.



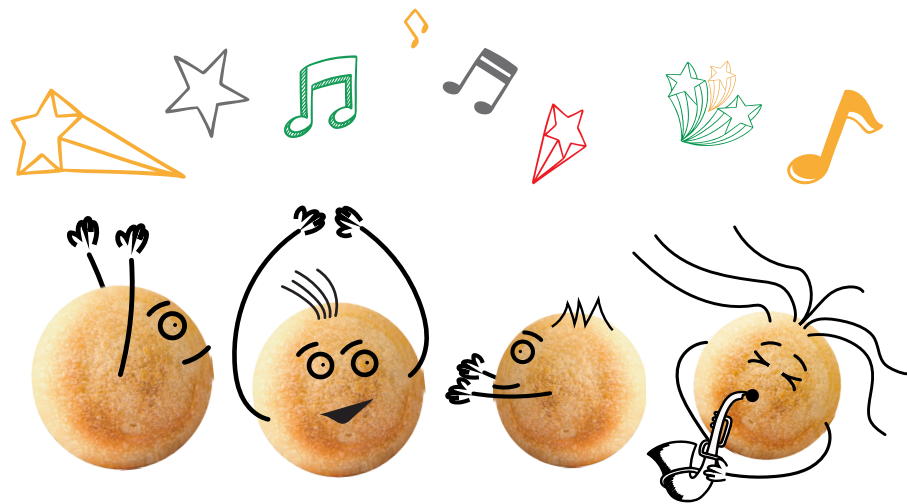
**Step 3:**

Tape the other end of your roll closed to make a shaker.



**Step 4:**

Now paint it with rainbow colours and use it to make some noise for the NHS on Thursday.



THANK YOU  
NHS