

Rainsticks

These beautiful instruments were originally made from cactus stems, although now bamboo and plastic are used as well.

When inverted they make a delicate 'rain-like' sound as hundreds of tiny pebbles inside the tube fall down, bouncing off internal spines or nails.

They are great for encouraging movement and particularly useful for activities such as rowing where their physical and sonic properties both reinforce the nature of the action.

They tend to come highly decorated, for example with aboriginal designs, but the less decorations they have the more situations you can use them in.

Workshops - Crow, All at Sea, Venice

Video

Rainforest Rainstick

Rainforest Rain