



Hispanic Heritage Month

September is Hispanic Heritage Month and what better way to celebrate than through music! Help your child make maracas to shake while listening to some Latin American music on the radio. Start by taking small, empty plastic water bottles and let your child fill them with dry beans, dried pasta, salt, pebbles, or whatever item you have on hand that will produce a sound in the bottles. Once you have filled both bottles, twist the top back on very tightly. Then, take two toilet paper rolls and cut a straight line down both of them. Lay the cut rolls out to allow your child to color them using bright colors of crayons or markers. Next, tighten each roll so they become the size of the water bottle lids and place the lids inside each roll. Have your child hold it in place while you wrap brightly colored electrical tape around the toilet paper roll and lid so they are joined together. Your child now can hold the handles and shake their maracas to the festive Latin American music!

