



DIY Windpipe

Crafts | Music

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WHAT MAKES IT MEANINGFUL

Music benefits our overall good health. Music can get us to sing, dance, smile and jump with joy. Certain types of music can help us to unwind, relax and improve our mood and help us to sleep better. Listening to a variety of music helps to bring back memories from our childhood and as young adults. Individuals will learn how to create different sounds and pitch.

TIME

10-30 minutes.

MATERIALS

Include any necessary or suggested materials needed for the activity.

- Tape
- 8 plastic Straws
- Scissors

INSTRUCTIONS

Include any instructions needed:

1. Lay down a strip of tape, sticky side up.
2. Place 8 straws, side by side, on the tape and wrap more tape around the width of the straws.
3. Cut the straws in a diagonal angle.
4. Create sounds by blowing into the windpipe.

RESOURCES

<https://www.greenkidcrafts.com/straw-windpipe/>

SUPPORTS NEEDED

As this activity requires fine motor skills some individuals may need support cutting



DIY Windpipe

and taping

Supports may vary depending on the individual

OTHER THINGS TO NOTE

You can use different coloured straws to make your windpipe colourful!