

DIY Rain Drums

Arts | Crafts



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WHAT MAKES IT MEANINGFUL

Rain drums are a fun and melodic auditory experience. Crafts are meaningful because they allow people to express creativity and create something tangible with their own hands. The process of crafting can be therapeutic, offering a sense of accomplishment and personal connection to the items made (SpectrumHealth). Listening to sounds is meaningful as well, as it engages our senses, evokes emotions, and can connect us with nature. Whether through the rhythm of music or the tranquility of nature, sounds can deeply influence our mood and well-being (psychiatry).

TIME

Take 5-10 minutes when its forecasted to rain. Make your set up, place it outside and listen for as long as you want.

MATERIALS

- Variety of upcycled/repurposed metal cans
- Different sized pots and pans from kitchen
- Metal bowls



DIY Rain Drum

INSTRUCTIONS

1. Before it is forecasted to rain, prepare your items and set them aside:
2. Gather a few metal cans, bowls or pots/pans and make sure they are clean.
3. Try and get some different sized items so the sound they make varies
4. Next time it rains, place the items upside down outside
5. Listen as the raindrops hit the metal
6. Depending on the speed and force of the droplets, where the rain hits the items, how frequently they hit or which item they hit, different sounds will be produced
7. You can play around with the arrangement and number of your items to try creating different sounds!
8. Have fun listening and enjoys the sound of rain becoming drums

RESOURCES

[How nature benefits mental health - Mind](#)

[Psychiatry.org - The Transformative Power of Music in Mental Well-Being](#)

[The Unexpected Benefits of Crafting](#)

SUPPORTS NEEDED

Some individuals may need assistance in cleaning out the kitchen ware or setting out the items. Encourage independence and creativity with assembly.