

# Hidden Voices

## Make a Shaker

1. Save jars from jam, peanut butter, mayonnaise or anything you have. Also collect some plastic lunch boxes of different sizes.



2. See if you have any dried food in the cupboards. Things that work well are: dried beans, lentils, rice or pepper.

3. Fill your jars or containers with the dried food, try different amounts to



4. Close the lids (tight!) and use them as shakers and drums, see how different you can make all the sounds!

5. Extra tip: Ready made things that also work well are gravy granules and even bags of sugar or pots of sea salt for softer sounds. I've used these on professional recordings before and they sound great!