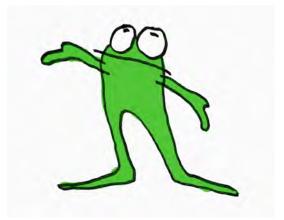
Shake, Shake!

Get ready to move and groove with your very own, homemade musical instrument!

What you will need:

- 2 Paper Plates
- ½ cup of dried beans
- Stapler
- Crayons
- Vol. 3 Move and Groove



Directions:

Once you have gathered all of the supplies you need for this project, you can begin!

- 1. Color the bottom of your paper plates.
- 2. Turn one plate right side up and place a ½ cup of beans on it.
- 3. Take your other plate and lay it bottom side up on the plate with the beans.
- 4. Ask a grown up to staple 10 times around the plate to make sure none of the beans will fall out.
- 5. Now, turn on *Move and Groove* and get ready
 to wiggle with your new
 tambourine!