Express Myself

30 minutes

Jump straight in

It's sounding stormy

What you'll need:
Nothing! Just your unit meeting place and yourselves

Aim of activity
Using just your fingers and hands, can you start your own rainstorm? This is a great way of releasing energy and finding a way of using your body to make different sounds.

1 Get into a circle and chat about what you think a rainstorm sounds like. What different things are happening at the same time and what do they sound like? Can you make the noise of a rainstorm using just your voice?

2 Together, you're going to create the different sounds of a rainstorm. Follow the actions in the next steps to create the sounds. Try to do each one for about 30 seconds.

3 Start by rubbing your hands together. This is the sound of the wind rushing around. Next, tap one finger on the back of your hand. This is the very first raindrop falling. Then tap all four of your fingers on the back of your hand. The rain is getting heavier now. Try tapping your fingers at different times to make it sound like the raindrops are falling at different speeds.

4 Now start clapping as loud as you can. The rain is coming down really heavily now.

5 All together, slap the floor like a thunderclap is happening. How loud can you make it?

6 Now, work your way back, as if the rainstorm is ending – slap the floor, loud claps, finger tapping and rubbing your hands together, until it's all quiet.

Take it further
Once you've finished making your rainstorm of sounds, think about what else you could add to make bigger and better noises. For example, you could stomp your feet to make the thunder even louder or walk around in your circle while making a whooshing noise like a tornado.

Then have a think: can you do it again but for a different type of weather? You could make different whooshing and whistling noises for wind or birds chirping for the sun.

TRY IT THIS WAY
Everyone can choose one of the actions and do it all at the same time to create a really dramatic storm. How does it sound?