



CREATE YOUR Rainmaker



SHAKE IT. LISTEN. GROUND. RENEW.

A rainmaker is a sound instrument used by many cultures to bring the soothing sound of rain. Creating one can be a mindful, grounding, and healing experience.



MATERIALS NEEDED

- Cardboard tube (wrapping paper roll, paper towel roll, or mailing tube)
- Dried beans, rice, or small beads
- Toothpicks or small wooden dowels
- Aluminum foil or both ends (or sturdy paper + tape)
- Decorative paper, paint, markers, stickers, or thread
- Tape or glue
- Scissors or craft knife (adult use)
- Optional: sand, tiny shells, or pebbles

INTENTION & MEANING

Before you begin, set an intention for your rainmaker.

♥ What do you want your rainmaker to represent or bring into your life?

My rainmaker is a reminder that...

ABOUT THE RAINMAKER

The sound of the rainmaker is thought to:

- 💧 Bring calm and relaxation
- 💧 Promote emotional release
- 💧 Encourage clarity and reflection
- 💧 Connect us to nature and the cycle of life
- 💧 Call in renewal, growth, and healing



HOW TO MAKE YOUR RAINMAKER

1

PREPARE THE TUBE

Make sure your tube is clean and dry.

2

ADD THE DOWELS

Insert toothpicks or dowels across the tube.

3

ADD THE FILLING

Pour in beans, rice, beads, sand, or other fillings.

4

SEAL THE ENDS

Cover both ends with foil or sturdy paper and secure with tape.

5

DECORATE

Make it your own! Use colors, art, words, or symbols that inspire you.

6

LET IT DRY (IF NEEDED)

Allow glue or paint to dry completely.

7

SHAKE & LISTEN

Hold your rainmaker horizontally and gently shake. Listen to the rain you created.

HOW WILL YOU USE YOUR RAINMAKER?

When might you use your rainmaker?
What will it help you with?



WHAT DOES YOUR RAINMAKER REPRESENT FOR YOU?

What does the sound remind you of?
What feelings come up when you use it?



REFLECTION

What was it like creating your rainmaker?
What did you enjoy most?
What did you learn about yourself?



♥ You created more than a craft—you created a tool for calm, connection, and healing. Let your rainmaker remind you that after every storm, there is renewal. 💧