

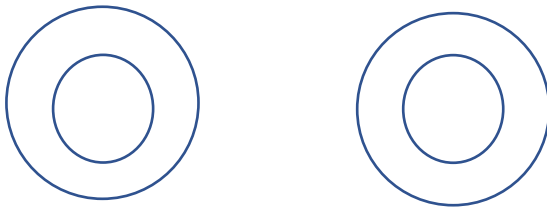
Make your Own Shaker

What you will need:

- 1 x Toilet roll
- Scissors
- Paper
- Sticky-tape
- Small handful of dried lentils, beans, chickpeas or rice
- Pencil or crayon

Instructions:

1. Place your toilet roll upright on the piece of paper. Using your pencil or crayon trace a circle around the end of the toilet roll.
2. Now draw a bigger circle, twice the size, around that circle.



3. Do this again so you have two circles within circles.
4. Now, cut them both out so you have two discs.
5. Cover the end of the toilet roll with one of the discs. Tape it on securely with sticky-tape.
6. Now, fill the toilet roll about 1/3 of the way with dried beans, rice, lentils or chickpeas.
7. Cover the other end of the shaker with the other disc, making sure you tape it on securely. Your shaker is ready to use and you can paint or decorate it as you like!