

# Shaman Stick

Channel your inner shaman with a shaman stick made from recycled paper towel rolls and cereal boxes! Shamans have practiced their animal-centric religion in almost every continent - from Africa to Asia to North America. Incorporate your favorite animal into this zany art project and let your shaman stick accompany you on your adventures!

## What You Need:

- Recycled paper towel roll
- Recycled cereal box
- Dried beans
- Pencil
- Marker
- Tempera paint
- Paint brushes
- Yarn
- Feathers
- Stapler
- Glue
- Scissors



## What You Do:

1. Brainstorm what your "spirit animal" will be. A spirit animal can be an animal that you really like or an animal that you think represents who you are. Are you as brave as a lion? Or maybe you're as gentle as a lamb or as hilarious as a monkey. You get to pick whatever animal you want!
2. Paint your recycled paper towel roll the color of your spirit animal.
3. With a pencil, draw the head of your spirit animal on the blank side of a cereal box. Try to make the head about six inches tall and 4 inches wide.
4. Paint in the spirit animal head and allow it to dry.
5. Attach yarn or feathers to the paper towel roll depending on what animal you chose.
6. Trace the bottom of the roll twice onto a piece of the cereal box. Cut out the circles.
7. Securely tape one circle onto the top of the paper towel roll.
8. Glue the spirit animal to the top of your Shaman stick. Staple it in place to help secure it while the glue dries.
9. Slowly pour a handful of beans into the paper towel roll.
10. Attach the bottom circle with tape to help keep the beans in place.
11. Add additional yarn and feathers to the bottom of your Shaman stick for decoration.
12. Shake your shaman stick and listen to the the beans as they dance about inside the paper towel roll. Now you're ready for an adventure!