

Body Orchestra

Inspired by *Sounds of Trash* by Tina Athaide.

Goal: Create a melody with snaps, stomps, claps, whistles, and other body sounds.

You will need:

- A partner (optional)

What to do:

- Explore the sounds you can make with your hands: clap, snap, tap, rub your palms together.
- Explore the sounds you can make with your mouth: hum, sing, talk, click your tongue, pop your lips, whistle.
- Explore the sounds you can make with your legs and feet: stomp, tap, drum your feet on the floor, knock your heels together.
- What other sounds can you make?
- Combine different body sounds to make a pattern. Can you make a human-body orchestra version of your favorite song?

Other things to try:

- Play a sound game with a partner. Close your eyes while your partner makes a sound or sounds using their body. Try to identify and describe the sound you heard. For example, “I think you made that noise by stomping your foot while snapping your fingers.” Then try to recreate the sound you heard. Take turns.
- Create and perform your own song or melody using body sounds.



Illustrations © 2026 by Neha Rawat, used with publisher's permission.

