Thunder Noises

One way to help children cope with fear is to give them something concrete to play with that helps them feel mastery over their fears. This activity lets them make THEIR OWN THUNDER.

Learning Goals Children are working on:
- Using pretend play to master feelings
- Motor skills
- Self-Expression

Materials:
- Metal pans: pie tins, metal bowls, cake pans
- Empty plastic bottles: gallon milk or juice jugs (likely to make more sound without lids)
- Wooden spoons
- Flashlight(s) optional

Directions:
- Have some discussion about when they’ve experienced thunder and lighting. How they might feel? What does it sound like? Etc.
- Explain that for this activity they will be using these materials to make ‘their own thunder’ sounds while the teacher makes the ‘lighting’ using the flashlight. (You could also have multiple flashlights and allow children to take that role.)
- Decide on what you will use as a signal to let the children know when they need to STOP. Demonstrate/practice with them.
- Talk about how they could use materials to make thunder noises. Ask some “what if” questions such as, what do you think it would sound like if you hit the metal bowl with the wooden spoon? Or hit the empty jug with the tin pie pan?
- Distribute materials.
- Signal the start; Then the stop.
- Settle the materials or collect and put aside.
- Discussion could include:
  o What kinds of sounds did they make?
  o How many different sounds?
  o How did they feel about the sounds they made? Was it fun? Scary?
  o What kinds of things can they do if they feel afraid?
- Children might find it reassuring to know that thunder and lightning end when the storm is over.

♫ Strategy Song: Close your eyes and think of something happy.

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