A healthy smile starts with a healthy brain. Keep your noggin and creativity exercised with these fun make-it-yourself instruments.

### Paint

1. Decorate your tissue box with paint, glitter or stickers. Once your paint dries, slide 4 to 5 rubber bands onto the box.
2. Have an adult cut a hole in the side of the box big enough to fit the paper towel roll. Slide the role in the hole.
3. Tape the paper towel roll to the box.
4. Rock out!

You will need:
- Tissue Box
- Paint, brush, pallet
- Rubber bands

### Coffee Can

1. Decorate your coffee can with paint, glitter, or stickers. Allow everything to dry.
2. Turn your coffee can upside down.
3. Grab those pencils (mallets), and play your heart out!

You will need:
- Coffee Can
- Two pencils

### Empty Water Bottle

1. Decorate your water bottle with paint, glitter or stickers.
2. Fill your bottle up with 1/3 cup of rice.
3. Tape the toilet paper roll to top of the water bottle.
4. Now shake it like rattle snake! Try keeping a steady beat!

You will need:
- Empty water bottle
- Scissors, toilet paper roll
- Tape

**Did you know?**

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