

# Found Sound Ideas

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Thank you for joining Piedmont Music Therapy for our conference session [Music for Connection and Communication!](#) We will be making music in sessions and hope you join in at home. If you have an instrument at home you like to play, feel free to bring it! If you do not have instruments in your home, but would still like to join, here are some ideas for at-home instruments that take little to no preparation!

- An inverted tupperware container with spoons as a drum
- An empty paper towel or toilet paper holder filled with rice and wrapped in duct tape to create an egg shaker
- 2 wooden spoons to create rhythm sticks
- Any small ceramic/metal objects (i.e. a mug, a small bowl, etc.) with chopsticks as mallets to create a cowbell sound.

Any other ideas you have to create rhythm and melody, feel free to bring to the session! Body percussion can also be used if you prefer, so no instruments are required. I hope these ideas will spark your creativity and look forward to making music together!

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