Celebrate Earth Day by making music

Sources: Ashley Osborne and Jennifer Tackett, 4-H youth development specialists

Earth Day is a great opportunity to think about ways to protect our planet. This year, Kentucky 4-H is introducing a fun activity to help young people become more aware about waste and ways to reuse our limited resources.

In the program Recycled Rhythms, 4-H’ers will make musical instruments from items that are normally trashed like water bottles, plastic jugs, scrap wood, cans, toilet paper rolls and buckets.

Instrument construction is a fun way to teach young people about waste reduction, especially since the average person produces 4.5 pounds of trash each day. As they make the instruments, young people will learn about ways to reduce the amount of trash that ends up in landfills by recycling and reusing items when possible. They will also have the opportunity to brainstorm other items that could be recycled or reused and learn about ways they can reduce their overall environmental footprint.

4-H’ers recycled instruments are designed to be played. Through the program, young people will learn important music concepts like beat, rhythm and rests, and instrument families. Some 4-H’ers may even play their instruments for family and friends.

For more information on the activity or ways to reduce your environmental footprint, contact the (COUNTY NAME) office of the University of Kentucky Cooperative Extension Service.

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