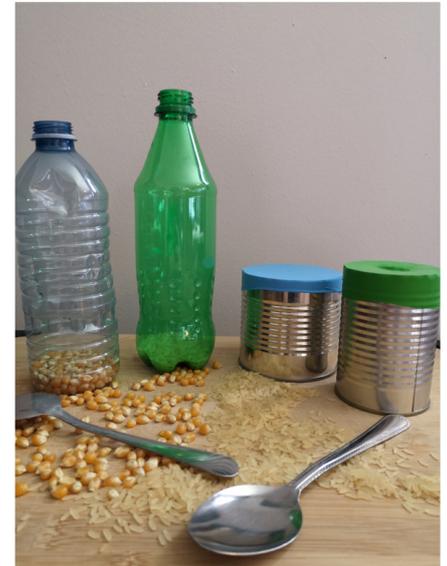


# A MARITIME KITCHEN PARTY

With Frantically Atlantic

Join NB musical duo, Frantically Atlantic, for a Maritime kitchen party! We'll help you get ready for the party by walking you through how to create your own instruments, prepare a snack, and get decked out for the show!



## ↓ ADJUSTING THE DIFFICULTY ↑

Interact with the kitchen party video by:

- humming
- singing
- tapping your hand or foot to the beat.

Interact with the kitchen party video by:

- playing your own instruments
- playing the spoons
- doing a jig

## MAKE YOUR OWN INSTRUMENTS

### TIN CAN DRUM

1. Make sure your tin can is clean and has no sharp edges
2. Cut the base off your balloon and use it to cover the opening of the tin can like a swimmers cap
3. Secure the balloon with an elastic or tape
4. Optional: decorate your tin can with paper, tape, stickers or whatever supplies you have on hand!

### MATERIALS

- a tin can
- a balloon
- scissors
- an elastic band or tape
- decorations (optional)

### SHAKERS

1. Add your dried items to your bottle or cup
2. If using a bottle, screw the top back on tightly
3. If using a cup, take another paper cup, flip it upside down, and use tape to attach the rims of the two cups together

### MATERIALS

- an empty pop bottle or paper cups
- dried rice, beans, pasta, or popcorn kernels
- tape

## SNACK TIME

You can't have a kitchen party without food! Here are suggestions of some of our favourite NB snacks for your party:

- blueberry cobbler
- coffee cake
- molasses cookies
- kettle chips
- dulse
- rappie pie
- Lady Ashburn pickles

## FUN FACTS

1. The ugly stick is a percussive musical instrument from Newfoundland, made from household items such as mops, brooms, and bottle caps.
2. Blueberries were called "star fruits" by North American indigenous peoples because of the five-pointed star shape that is formed at the blossom end of the berry.
3. It takes about 40 gallons of sap to make one gallon of maple syrup.

## CREATE YOUR OWN TARTAN

A tartan is a traditional plaid patterned cloth. Tartans are special because their specific colours and patterns are used to identify a family or community. Choose colours that are special or meaningful to you to create your own tartan and wear it with pride for the kitchen party!

