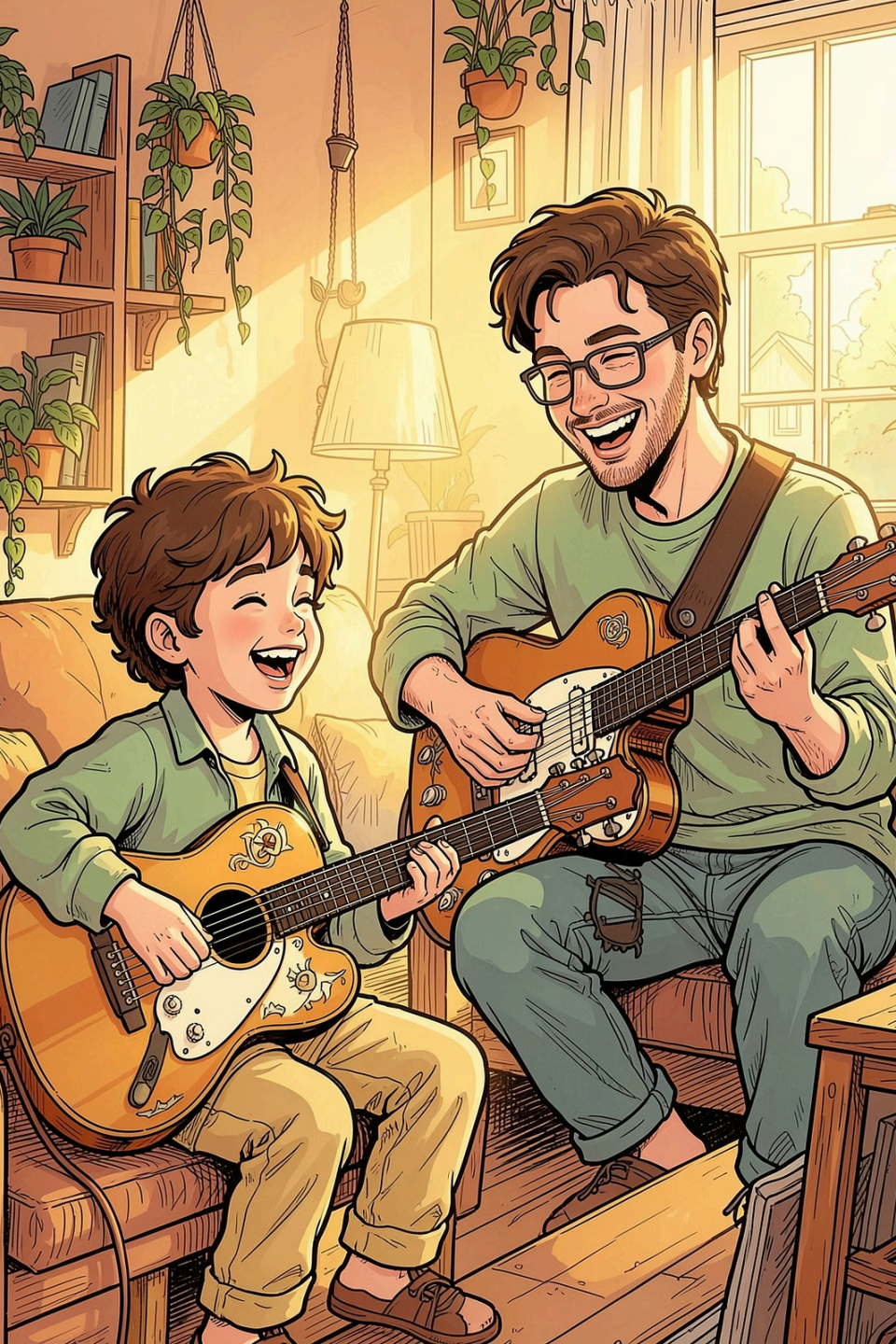


Top 20 Affordable Musical Instruments for Home Use

Simple, budget-friendly instruments that support **emotional regulation, communication, motor skills, confidence, and joy** — for children and adults with SEND, ADHD, autism, additional needs, or simply a love of music.





Why Music Matters

You don't need an expensive piano or drum kit. Some of the most effective instruments used in sensory music sessions are **simple, affordable, and easy to learn**.



Emotional Regulation

Helps manage feelings and reduce anxiety through rhythm and sound.



Communication

Offers a non-verbal route for connection and self-expression.



Motor Skills

Builds fine and gross motor coordination through active play.



Social Connection

Encourages turn-taking, teamwork, and shared enjoyment.

Shakers, Maracas & Tambourine



🥚 Egg Shakers — £5-£10

Easy to hold, suitable for all ages, and excellent for rhythm and coordination.



🥁 Maracas — £5-£12

Encourage movement and offer instant success — great for cause-and-effect learning.



🥁 Tambourine — £6-£15

Multiple sounds in one instrument. Supports timing, rhythm, and active participation.



🌧️ Rainstick — £8-£20

Calming sensory sound that supports mindfulness and relaxation activities.



🥁 Hand Drum — £10-£25

Strong sensory feedback, excellent for emotional expression and turn-taking.

Drums, Claves & Bells



Ocean Drum — £15-£30

Creates soothing wave sounds. Encourages relaxation and is a favourite in sensory sessions.

Wooden Claves — £4-£10

Durable and portable. Develop rhythm skills and support attention and listening games.

Bells — £8-£20

Bright, motivating sounds. Support listening, anticipation, and group activities.

Wrist Bells — £4-£10

Encourage movement and support body awareness. Suitable for wheelchair users.

Frog Guiro — £5-£10

Interesting tactile texture with unique croaking sounds. Encourages sensory exploration.

Finger Instruments & Melodic Play



 **Castanets —
£4–£8**

Develop finger strength and coordination. A fun, rhythmic instrument for all ages.



 **Finger
Cymbals — £5–
£12**

Develop motor skills and promote controlled movement. Great for musical storytelling.



 **Chime Bars
— £15–£30**

Beautiful, calming sounds that encourage pitch awareness and sensory regulation.



 **Xylophone
— £10–£25**

Introduces melody and encourages creativity while supporting hand-eye coordination.



 **Kalimba —
£15–£30**

Gentle, soothing tones. Easy to learn and excellent for mindfulness and relaxation.

Strings, Tubes & Drums

Ukulele — £20–£40

Simple chords, portable, and encourages singing and self-expression.

Boomwhackers — £15–£25

Colour-coded tubes excellent for group play, coordination, and teamwork.

Steel Tongue Drum — £25–£50

Deep, calming tones. Easy to create pleasant sounds and supports relaxation.

Cajón Drum — £30–£60

Sit-on instrument providing vibration feedback. Excellent for sensory seekers.

Children's Percussion Set — £20–£35

Variety of sounds in one set. Excellent value and perfect for exploring preferences.

Quick Reference: All 20 Instruments at a Glance

#	Instrument	Approx. Cost	Key Benefit
1	Egg Shakers	£5–£10	Rhythm & coordination
2	Maracas	£5–£12	Cause & effect learning
3	Tambourine	£6–£15	Timing & participation
4	Rainstick	£8–£20	Mindfulness & calm
5	Hand Drum	£10–£25	Emotional expression
6	Ocean Drum	£15–£30	Relaxation
7	Wooden Claves	£4–£10	Attention & listening
8	Bells	£8–£20	Anticipation & groups
9	Wrist Bells	£4–£10	Body awareness
10	Frog Guiro	£5–£10	Sensory exploration
11	Castanets	£4–£8	Finger strength
12	Finger Cymbals	£5–£12	Motor control
13	Chime Bars	£15–£30	Pitch awareness
14	Xylophone	£10–£25	Melody & creativity
15	Kalimba	£15–£30	Mindfulness
16	Ukulele	£20–£40	Singing & expression
17	Boomwhackers	£15–£25	Teamwork
18	Steel Tongue Drum	£25–£50	Deep relaxation
19	Cajón Drum	£30–£60	Sensory feedback
20	Percussion Set	£20–£35	Variety & value

Top 5 Recommendations for Families Starting Out

If you're working to a budget, these five instruments can often be purchased for **under £50** and offer a wonderful range of sensory, rhythmic, calming, and expressive experiences.



Hand Drum

Emotional expression & regulation



Rainstick

Calm & mindfulness



Egg Shakers

Rhythm & coordination



Tambourine

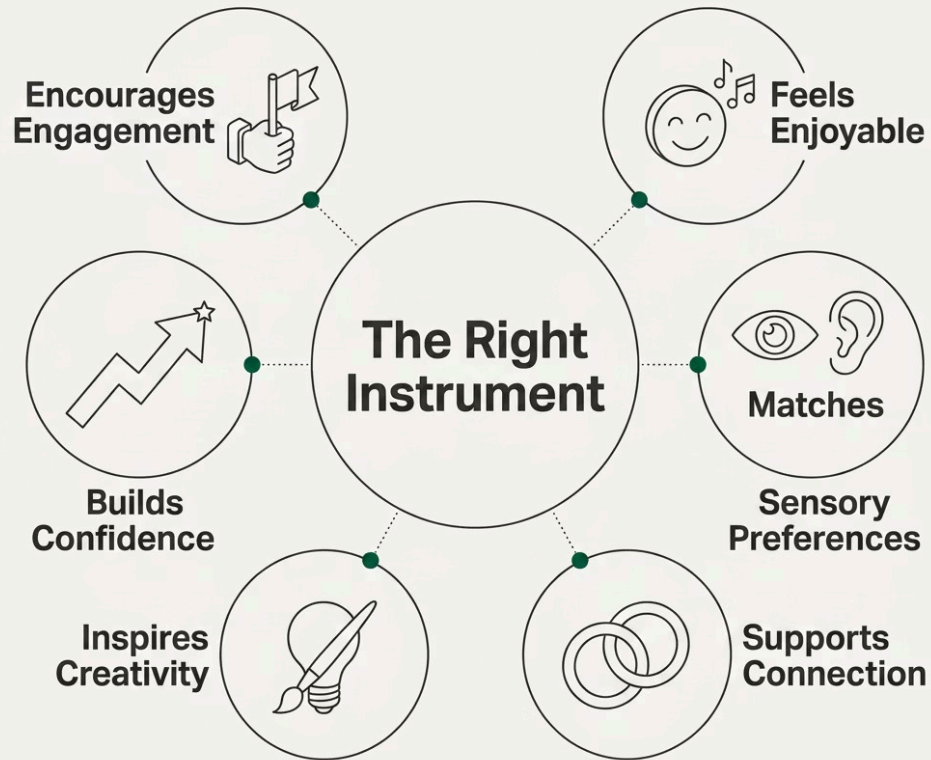
Participation & timing



Kalimba

Relaxation & melody

Choosing the Right Instrument



The best instrument is not the most expensive one

The right instrument is the one that:

- Encourages engagement and feels enjoyable
- Matches individual sensory preferences
- Supports connection and communication
- Inspires creativity and builds confidence

☐ Start small, explore together, and remember — musical play is about **connection rather than perfection.**

Happy Music-Making! 🎵

Music is a powerful tool for wellbeing, connection, and expression — and it doesn't have to cost a fortune. Start with one or two instruments, follow your child's lead, and enjoy the journey together.

🎵 Explore

Try different sounds and textures

💛 Connect

Make music together every day

🌟 Celebrate

Every sound is a success

