

# Painting

## An all time favourite

There are so many different things to paint with:

- Paintbrushes
- Fingers
- Body parts - Feet, hands, noses
- Nature items - Sticks, leaves
- Vegetables - Potatoes, carrots
- Rubbish - Toilet rolls, plastic straws
- Toys - Car wheels, animal footprints
- Household items - Sponge, spray bottles, syringes
- Utensils - Forks, spoons, whisks, rolling pins



You can use just about anything you find to paint with



There are so many different things to paint on:

- \*Paper - Scrap paper, large paper, newspaper
- \*Body - Face, hands, feet, arms, legs, tummy
- \*Floors and walls - Water paint outside
- \*Windows - Just don't use glass paint!
- \*Nature items - Leaves, sticks, pine cones
- \*Waste - Plastic bottles, cardboard boxes
- \*Clothes - Tie-die, splatter paint, rainbows!



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## But Why?

The most important reason = It's Fun!!

Painting with young children not only helps their creative development but it also stimulates their brain.

Stimulating children's brain can also help other areas of their development.

When setting up a painting activity for your child/ren, stop and think about what areas of development it may be helping.:

- Creativity and expressions of feelings
- Fine motor skills - pincer grip etc
- Gross motor skills - muscle movements
- Social - interactive and expressive
- Language and communicative expression
- Knowledge of colours and materials
- Senses - smell, touch, sight, sound and maybe even taste



Quarantine is a strange time for all of us, children as well!

Painting is a great way for children to communicate their thoughts either verbally or in the marks they make. Many opportunities can arise from a painting activity leading to exchanges in conversations, which is a way in for adults to listen and ask questions. Children will often show their feelings through their marks instead of talking to adults, on these occasions, try to respect this and ask questions in a tactile way and not over question them.



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## Recipes

### Pavement Chalk Paint

2/3 Cup of Cornflour  
2/3 Cup of Baking Powder  
Food Colouring  
Water

### Edible Paint

Natural Yoghurt  
Food Colouring  
A Splash of Water  
That's it!

### Mud Paint

A Scoop of Mud  
Food Colouring or Ready Mix Paint  
Washing Up Liquid  
Water

### Sand Paint

Play Sand  
Shaving Foam  
Food Colouring or Ready Mix Paint  
Splash of Water

### Doodle Paint

1/2 Cup of Flour  
1/4 Cup of Salt  
Food Colouring  
3/4 Cup of Water

### Bath Paint

1/2 Cup of Cornflour  
1/2 Cup of Bubble Bath  
Food Colouring  
2 Tbsp of Water

### Foam Paint

1/2 Cup of Shaving Foam  
1/2 Cup of PVA Glue  
Food Colouring  
Water

### Face Paint

1 Tbsp Cornflour  
1 Cup of Face Cream  
Vegetable Oil to smoothen out  
Food Colouring





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