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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Painting 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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Pavement Chalk Paint

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

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

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 Vegetable Oil to smoothen out Splash of Water



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

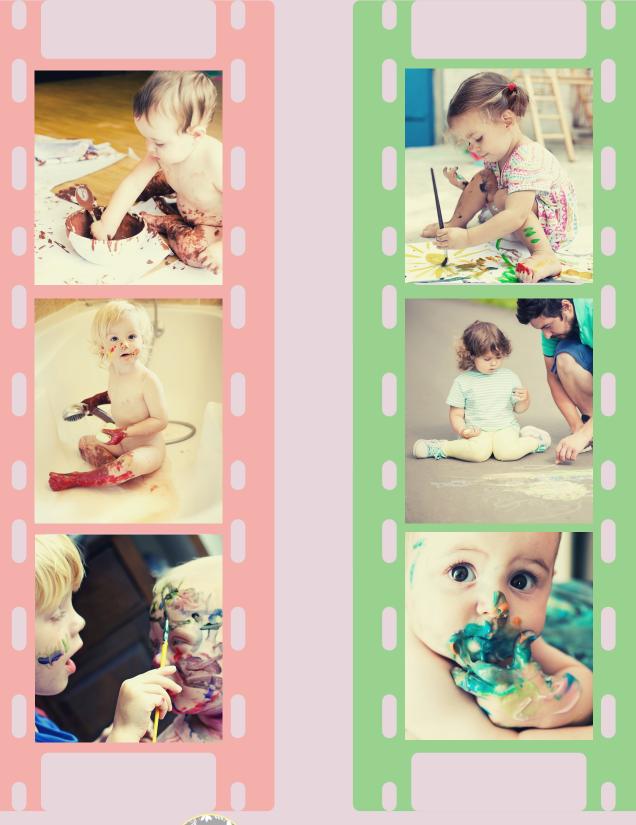
Foam Paint

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

1 Tbsp Cournflour 1 Cup of Face Cream Food Colouring

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