

0-5 Activity Sheet



Hand and Feet Painting

Hand and feet painting is a wonderful sensory experience for young children. It can get messy so this is a great outdoor activity. If you don't have paint we have a great paint recipe for you or you could use crayons to trace around your hands and feet as well.

What you need:

- Paper or cardboard (big piece if you have some)
- A couple of flat trays
- Paint (whatever colours you have)
- Water, soap, towel or wipes

Cornflour Paint Recipe on next page.

How to:

1. Make your paint and place a little bit (not too much as children will squish their foot around) into flat trays.
2. Place paper or cardboard down close by trays so that children can walk straight onto paper. You could tape a few pieces together so you have a longer paint space.
3. Holding your child's hands help them to choose what colour paint they would like their feet to be. Help them to step into the paint tray and then out onto cardboard. Hold them as they walk around the paper or cardboard (as it can get slippery)
4. Have water, soap, towel or wipes on hand to clean up feet straight after to prevent little painted feet from walking on floors.
5. Continue with hand prints.





Activity Sheet

CORNFLOUR PAINT RECIPE

INGREDIENTS

4 Tablespoons of corn flour (corn starch)

Cold water

1 Cup of boiling water

Liquid food colouring

METHOD:

I have played around with this method a few times and find this process the most successful for me in get a great consistency for the homemade paint.

1. In a medium saucepan, mix the cornflour with enough cold water to make a paste. (Not too runny).
2. Pour in 1 cup of boiling water and stir thoroughly so there are no lumps.
3. Turn on medium heat on the stove and mix. The mixture will start to change and you will notice some clear streaks forming in the mixture. Once you see this, turn off the heat and continue stirring. It will start to thicken and turn into a wonderful, custard-like consistency.
4. Spoon equal amounts into empty jars, cups or containers and add food colouring. Mixing until completely combined. For each colour, we added 3 drops of yellow, green, red and blue. To make orange, we added 1 drop of red and 2 yellow and to make purple, we added 1 drop of blue and 2 red.
5. Store in the fridge covered with cling wrap for up to 2 weeks. This paint recipe does not have any preservative in it, so it is important to check that the paint has not expired before giving it to children.

Tip: If the mixture has harden from being in the fridge, adding a little bit of boiling hot water or leave the paint out for a few hours will return to its smooth consistency.

