

ARTSY THURSDAY

PAINTING FOR ALL AGES



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Action for Children



SENSORY BAG PAINTING

AGES 0-2

MATERIALS

- ☆ Sealable plastic bags (preferably gallon-sized)
- ☆ Large sheet of paper or a highchair tray
- ★ Washable tempera paint
- * Duct tape or strong tape

INSTRUCTIONS

1. Pour a small amount of washable tempera paint into each sealable plastic bag, using a different color for each bag.
2. Seal the bags tightly to prevent any leaks.
3. Tape the bags securely to a flat surface, such as a table or a highchair tray, using duct tape or strong tape.
4. Place a large sheet of paper or a piece of cardboard underneath the bags to catch any potential spills.
5. Encourage the children to squish and spread the paint around inside the bags by pressing on them with their hands. They can also use their fingers to create patterns and designs.
6. Once they're finished, remove the bags from the surface and allow the paintings to dry completely before handling.

Action for Children



SPONGE PAINTING

AGES 3-5

MATERIALS

- ☆ Household sponges
- ☆ Washable tempera paint
- * Paper plates or bowls
- * Large sheets of paper
- ★ Scissors

INSTRUCTIONS

1. Cut different shapes (such as circles, squares, and triangles) out of household sponges using scissors. You can also leave some sponges whole for larger stamping surfaces.
2. Pour washable tempera paint into paper plates or shallow containers, using a different color for each container.
3. Dip the sponge stamps into the paint, ensuring that they are evenly coated but not dripping.
4. Encourage the children to stamp the painted sponges onto large sheets of paper to create colorful patterns and designs. They can overlap shapes and experiment with different combinations.
5. Once they're finished, allow the paintings to dry completely before displaying or handling.

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TAPE RESIST PAINTING

SCHOOL AGE

MATERIALS

- ☆ White paper or canvas
- ☆ Masking tape
- * Washable tempera paint
- * Paintbrushes
- ★ Water cups
- ★ Paper towels

INSTRUCTIONS

1. Use painter's tape or masking tape to create shapes or designs on paper or canvas, ensuring edges are firmly pressed down.
2. Once the tape designs are in place, let children freely paint using the tempera paint over the taped areas and experiment with blending, gradients, or texture.
3. Encourage painting right up to the edges of the tape for clean lines and bold contrasts.
4. If desired, children can use stencils or cutouts to add additional shapes or designs to their paintings.
5. Once paintings are complete, allow them to dry thoroughly before carefully peeling off the tape to reveal the white areas underneath.

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