

Hands and Feet Painting



Play



Painting with hands, fingers and feet gives children the freedom to cover a large area with paint and to feel it and be messy.

To get a child started cover an old tray, laminate tabletop or thick glossy paper with thick paint and let him draw in it with his fingers. For children who are wary, place their hand on top of yours and move it around in the paint.

Have everything ready. Prepare for mess with waterproof smocks, sponge and bucket of soapy water, towel for cleaning hands and an adult close by to assist. Give children a cup of finger paint (see recipes below) to spread over a tabletop. To take a print, press strong paper down on the paint and reuse left over fingerpaint for another painting. Clear away excess paint with a window wiper.

Vary the finger painting experience!

- + Encourage painting with a friend sharing an extra large piece of paper
- + Sprinkle texture onto the paint e.g. sand, saw dust
- + Put out a dollop of two colours for mixing
- + Offer clear cornstarch paint (see recipe 2 below). Allow children to choose colour/colours to mix
- + Choose colours to reflect mood/the weather - yellow and red are great sunny colours
- + Secure thick black plastic to table top and use with white or red finger paint
- + Play music to paint along with
- + Provide tools for making patterns - sticks, combs, forks, scrapers
- + Squirt shaving cream on flat, smooth surface - alone or with colour to mix or on an upright surface e.g. a self stick mirror on a wall.

Hand and foot prints

Put thick paint on an old tray, unbreakable plate or sponge. Show how to make a print with different parts of hands and feet - whole foot, hand, knuckles, fist, fingers. For very young children: hold child's hand or foot, press in the paint and make a print together. Safety note: Foot printing can be very slippery so is best done sitting down with close adult supervision.

Fingerpaint recipe 1

Mix 1 cup Lux flakes with 2 cups of boiling water and 1/2 teaspoon food dye until it resembles a pavlova mix and use immediately. If it solidifies, add a little boiling water and beat again.

Fingerpaint recipe 2

Dissolve 1/2 cup of cornstarch in cold water. Pour in 3 cups of boiling water, stirring continuously until shiny and clear. Cool. Best made on the day of use.

