

Finger painting

Finger painting is a delightfully messy activity that encourages exploration through the senses of touch and sight. **Manipulating the paint with their hands and fingers assists children in the development of fine motor skills.**

How to do it

In preparing for this activity, find a suitable area - this may be in a shady spot outdoors or in an area that can be hosed down afterwards. Use a table with a **smooth, washable top** or cover one with white plastic. Remember to place a bucket of warm water and a towel nearby to clean up messy hands when done.

To begin, place some **non-toxic** thick paint on the middle of the table, and encourage the children to explore it with their hands and fingers. Talk to them about how it looks and feels.

TIP: If there are children in the group who are reluctant to get their hands messy, try putting some paint in a clear sealable plastic bag. They will be able to move the paint around with their fingers without getting paint on their hands.

The facilitator can extend this activity in the following ways:

- Give the children two different primary colours of paint to mix together with their hands and fingers
- Provide simple tools, e.g. a **wide toothed comb** or a **toy car** for the children to use in making marks through the finger paint
- Change the texture of the paint by adding **sand** to it or try finger painting with **shaving cream**
- Take prints of the patterns made in finger paint by gently placing a piece of paper onto the paint, then taking it off and leaving to dry.



For more activities

This activity is taken from **60 Sensory Minutes** by **Dr Tina Rae**. Please visit nurtureuk.org/publications/practical-tools to see the full range of publications designed to increase children's mindfulness and improve wellbeing.

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