

Sensory Art Making

These ice cube paints are great for mark making, plus if you use food colouring they are edible as well!

(Hints: It's best to let them melt a little before painting. If your child or young person struggles to grip the lolly stick, let them hold the ice cube paint, they can always wear a glove if they don't like the cold.)

Items needed:

- Water
- An ice cube tray or similar
- Poster paint or food colouring
- Lolly sticks or similar
- White paper/Card



1. Collect together the items that you need. Put a dollop of paint/food colouring into the ice cube tray.



2. Add water and using a lolly stick, mix. Lean the lolly stick to the edge of the tray.



3. Place in the freezer and leave to freeze for four hours or overnight.
4. Gently pull the ice cube paints out of the tray. Allow to melt a little before beginning to paint.

