

# Sensory Art Making

Exploring paint without getting messy.

(Some children do not like to get messy and some adults don't enjoy cleaning up the mess. This sensory art activity allows paint to be explored in a 'clean' way, no messy hands or feet afterwards!)

## Items needed:



- Cling film
  - Poster paint or similar
  - A chopping board or similar
  - Sellotape
1. Unroll the cling film and begin by wrapping it around the board. Try to keep the sheet of cling film flat. Do this a number of times so you have a few layers of cling film on the board.



2. Now add paint in blobs/lines/swirls to the middle of the cling film.



3. Wrap another couple of layers around the board so the paint is covered. *(If you are worried that the paint shall be squeezed out of the sides then add sellotape around the edges).*
4. Encourage your child or young person to push the paint using their fingers, hands and feet.  
*(Note: Sharp nails can tear the cling film causing the paint to leak out)*



5. You can add more layers of paint and cling film.



6. Spend time together exploring making marks together - talk about how it feels, look at lines you make or colours you mix.
7. At the end, take a photo of your creation!
8. To dispose of the picture, carefully use scissors to cut along the edges. Lift off and throw away - no getting messy!