



SUPER EASY FINGER PAINTS

Think back to your childhood memories of finger painting. Most adults have fond recollections of the experience. Feeling the texture and watching the movement of the paint on the paper is a tremendous sensory experience for a small child. Here are some easy-to-make finger paint recipes that will provide you and your eager little artist with hours of fun!

Recipe one

you will need: liquid starch
powdered tempera paint
large mixing bowl
spoon or other utensil for stirring
finger paint paper



what you do: Simply add the powdered tempera paint to the liquid starch until you have achieved the desired color. That's it! You are ready to paint!

Recipe two

you will need: 1/2 cup boiling water
2 tablespoons dry starch
6 tablespoons cold water
food coloring
pan
spoon or other utensil for stirring
finger paint paper

what you do: Dissolve the starch in the cold water. Add this mixture to the boiling water, stirring constantly. Heat the mixture until it becomes glossy. Add the food coloring and stir well. Let it cool completely before the children use it.

extra tips



TIP 1: For an easier cleanup, add a small amount of liquid dish washing detergent to the finger paint. Although the cleanup is easier, make sure the children still wear a paint smock or one of dad's old shirts!

TIP 2: Always make sure that you are finger painting on the shiny side of the paper.

ALWAYS SUPERVISE YOUNG CHILDREN WHEN USING PAINT!





Playdough

Cinnamon Spicy Playdough Recipes

These playdough recipes might remind you of a holiday or of the wonderful smells that came from grandmother's kitchen. Enjoy the aroma as the children create!

Spicy Playdough

you will need: 3 tablespoons nutmeg
2 tablespoons ground cloves
3/4 cup cinnamon
1 cup applesauce
mixing bowl
spoon or utensil for stirring
rolling pin



what you do: Mix all of the ingredients together in a mixing bowl. Let the children have the fun of adding all the ingredients and stirring. Use a rolling pin to flatten out the dough, just like one would roll out cookie dough. Have the children cut out different shapes with cookie cutters. Poke a hole in the top of each shape so they can be hung. Place all the shapes on waxed paper, cover them with another sheet of waxed paper, and let dry for several days. Be sure to turn the shapes so they dry evenly.

Cinnamon Playdough

you will need: 1 cup salt
2 cups whole wheat flour
5 teaspoons cinnamon
2 tablespoons vegetable oil
1 cup warm water
food coloring
2 mixing bowls
spoon or utensil for stirring



what you do: Combine all of the dry ingredients together in a mixing bowl. In another bowl, mix together the food coloring, water, and vegetable oil. Add the flour mixture gradually to the water until you reach the desired consistency. Stir until it forms a ball. Knead the dough and have fun playing!

