



MESS-FREE Finger Paint

1 Year—2 years

Objective: The child uses senses and fine-motor skills to grasp and explore paint.

Materials needed:

Ziploc bags (one for each color chosen)

Food coloring (any colors desired)

Flour (1 cup)

Water (1 cup)

Procedures:

1. In front of your child, mix the flour and water together in a large bowl.
2. Place equal amounts of "paint mix" into Ziploc bags. Do one for each color desired. (I.e. A bag for red, and a bag for blue)
3. Add in a few drops of the food coloring per bag. You're changing the white to the color.





MESS-FREE Finger Paint

1 Year—2 years

4. Zip up bags tightly. Make sure they are closed!

5. Place in front of your child (have them sit in their highchair is the easiest way to do this

activity)

6. Let them squeeze and explore the bags. Show them you can make fingerprints or handprints. Mix the food coloring to turn the "paint" in the bag that color.

7. Give them a toy car and let them roll it back and forth on the bag to make "car tracks" in the "paint."

Milestones to meet:

The child builds fine-motor skills to manipulate paint in a bag. The child expresses learning using their sense of touch and sight.

Evaluation:

Did this lesson work for your child? Why or why not?

