

# Updated!! Finger Painting Feelings

Finger-painting can be an excellent stress-reliever. The experience of using your fingers to create something fresh and new can be very uplifting emotionally and psychologically.

Everyone can benefit from this activity so why not try it together?

Recommended age 6 months +

## Instructions:

Download and print our easy [PDF Instructions](https://www.barnardos.ie/media/10967/finger-painting-feelings_update.pdf) [https://www.barnardos.ie/media/10967/finger-painting-feelings\\_update.pdf](https://www.barnardos.ie/media/10967/finger-painting-feelings_update.pdf) for this activity, or read them below. (Tip: you can print in black and white to save on your ink).

## Benefits of Finger Painting Feelings:

- Encourages your child's senses (Touch/feel, sight, smell, edible finger paint = taste)
- Helps a child's intellectual development (Learning new colours)
- Strengthens the hand and fingers which helps with fine motor skills.
- It's FUN!!

## Materials needed:

- Paint\*
- Paper

\*If your children are 6 years+ you can choose to use any regular paint. However if you are doing this activity with a baby/toddler (6 months+), see below how to make edible finger paints.

## Steps:

1. Explain to your child that all feelings are OK and that everyone can feel lots of different feelings every day.
2. Ask your child to name some feelings they know?
3. Now ask your child to match a feeling with a colour E.G. they might say Happy = Light Blue, Angry = Red, Sad = Yellow. Allow them to come up with these themselves as it is their interpretation that is key.

4. Encourage them to finger paint those colours onto the paper (in whatever form they wish) and help them label what feelings they have shown in their picture.
5. Ask your child how they are feeling today?

### **Adaptation for 6months +**

A simple finger painting activity with edible paint

#### **Ingredients for edible paint:**

- 4 Tablespoons of corn flour (corn starch)
- Cold water
- 1 Cup (237ml) of boiling water
- Liquid food colouring

#### **Method to make edible paint:**

1. In a medium saucepan, mix the cornflour with enough cold water to make a paste. (Not too runny).
2. Pour in 1 cup (237ml) of boiling water and stir thoroughly so there are no lumps.
3. Turn on medium heat on the hob and mix. The mixture will start to change and you will notice some clear streaks forming in the mixture. Once you see this, turn off the heat and continue stirring. It will start to thicken and turn into custard-like consistency.
4. Spoon equal amounts into empty jars, cups or containers and add food colouring. Mixing until completely combined. E.G. 3 drops of yellow, green, red and blue. To make orange, add 1 drop of red and 2 yellow and to make purple, add 1 drop of blue and 2 red.
5. This paint can be stored in the fridge covered with cling film for up to 2 weeks. This paint recipe does not have any preservative in it, so it is important to check that the paint has not expired before giving it to children.