

# Finger (And More!) Painting

## Materials

- Non-toxic or edible finger paint
- Paper
- Tape, so paper doesn't slide and move
- Sheet (we use a fitted sheet around the table), plastic table cloth, trash bag, shower curtain
- Paint brush, qtips, cotton balls, toy car, textures materials (see adaptations)

## Kid doesn't like getting messy ?

- Have a babywipe / washcloth visible in front of them and show them that they can wipe their hands off right away if they get stressed or upset about getting messy

## Adaptations

- Do this in the bathtub to contain the mess
- No paintbrush ? No problem ! Ideas: qtips, cotton balls, basting/pastry brush, whisk etc.
- Use toy cars to roll though paint
- Strip clothes off before hand if messy clothes makes you nervous

- Never force them to touch the paint
- Get messy yourself! This shows them it can be safe and fun !
- Use painting utensils (see adaptations) so that they don't have to start with touching the paint with their fingers

