




Art and Sensory Choice Board

Pick a square. Do the activity together. Color the square.
Repeat each day until all squares are colored.

<p>Frozen Paint Freeze tempera paint in ice cube trays with popsicle handle in each cube. Place paper in shallow tray and paint.</p>	<p>Sensory Bin Place birdseed in a dishpan/bin along with measuring cups, scoops, etc. Spend time scooping, filling and pouring with your child.</p>	<p>Homemade Watercolors Place marker in a cup with $\frac{1}{2}$" water. Paint on paper with the colored water. Great repurpose for dried markers!</p>	<p>Cutting Bin Place strips of paper, ribbon, etc. in a dishpan or bin. Let child cut them into small pieces. Use pieces in other art projects.</p>	<p>Cutting Collage Make a collage with the pieces you have cut in the cutting bin.</p>
<p>Running Colors Have child color coffee filter with watercolor markers, then use small spray bottle to spray filter with water. Watch colors spread</p>	<p>Gluing Fun Have child brush liquid starch or thinned glue on paper. Stick pieces of torn tissue paper on paper to make collage.</p>	<p>Sensory Bag Put paint or hair gel in a Ziploc bag with food coloring, &/or glitter. Zip it closed. Tape it closed. Tape it to a table. Let child squish/push it.</p>	<p>Block Zoo Build a zoo with blocks for your animals</p>	<p>Blowing Paint Water down tempera paint into cups. Drip the paint on paper and blow it around with a straw.</p>
<p>Make Oobleck In a dishpan, mix one part of water to two parts of cornstarch. Have fun exploring!</p>	<p>Bath Paint make Bath Paint according to recipe. At bath time, give child brushes and paint and let them get creative in the tub.</p>	 An illustration showing a blue cup holding several paintbrushes, a wooden palette with various colored dots, and a few scattered paintbrushes on a pinkish surface.	<p>Paint with Kitchen Tools Paint with mashers, whisks, spatulas, or other fun kitchen tools you have.</p>	<p>Bead or Straw Towers Poke pick-up sticks or skewers (sharp points removed) in playdough. Place beads or cut up straw pieces on sticks.</p>
<p>Cereal Necklace Make a necklace with different colors cereal, then eat it as a snack.</p>	<p>Corn Starch Paint Prepare paint according to recipe. Use a brush for drip-less paint or pour some into a tray and let child finger paint.</p>	<p>Foil Art Paint or draw on foil with paint, crayons, colored pencils.</p>	<p>Sensory Bottles Fill plastic bottle $\frac{1}{2}$ full of water. Add food coloring. Fill remainder with vegetable or mineral oil. Hot glue or tape the top on.</p>	<p>Doll or Car Wash Fill dishpan with soapy water bubbles. Give child dolls or small vehicles to wash with sponges, bath puffs, etc.</p>
<p>Playdough Make playdough according to recipe. Store in airtight bag or container. Enjoy!</p>	<p>Playdough Cookies Using rolling pins, cookie cutters, scissors... Make pretend cookies with playdough.</p>	<p>Spray Painting Spray bottles of thinned tempera or water & a few drops of food coloring. Outside spray design on paper or old sheet.</p>	<p>Tearing Paper Have child tear different types of paper: construction, newspaper, magazines, etc. Glue torn paper to paper to create art.</p>	<p>Shaving Cream Put child-safe shaving cream on a tray or on waterproof surface. Make designs with fingers.</p>