



# Creative Sensory Guide

## Exploring Paints

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# Exploring Paints

## Context

This is a fun and messy way to explore different ways you can use paints. Be prepared to get messy - make sure you have water or baby wipes nearby for a quick clean up!

We've created some simple ideas to get you to think about ways you can use paint to create pictures. If you have a big group, you might want to try all of the ideas we've suggested below together. Alternatively, if you're working with a small group you might just try one or two at a time so you can have fun exploring and playing together.

On the next page you'll find an accessible guide to the resources that you'll need for the activity.

You can watch a video of one of our leaders showing you how you can use this creative activity [here](#).

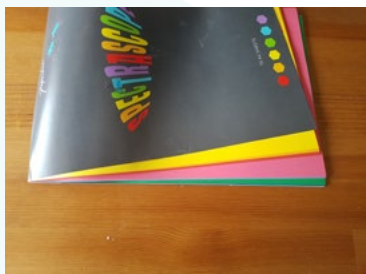
## Resources Guide



Here are some examples of how you can use the following resources.



Paint - try different types of paint as they have different thicknesses and textures. Make sure to wear old clothes and aprons if you are working with non-washable paints.



Paper - use whatever paper you have to create your artwork on.

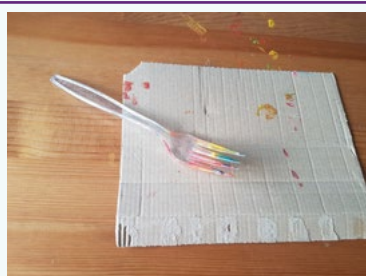


Baby wipes or soap and water- you're going to get messy so make sure there is something to wash your hands nearby!



Bubble wrap is a great way of printing - either dip the bubble wrap in paint and stamp it onto the paper or paint the bubble wrap then stamp it onto the paper.

You can also use a toilet or kitchen roll tube to wrap the bubble wrap around so that you can use it to roll on the paper.



A fork - this creates lovely stripy painting



A toilet or kitchen roll tube to stamp and make shapes with.



A sandwich bag - use this to explore mixing colours and drawing without getting messy! Put some paint in the bag, get all the air out, make sure it's sealed properly and put some sticky tape over the top. Then start drawing on the bag with your fingers and squish the paint around.