



## Physical Health, Well-Being, and Movement Skills Activity for 42 to 48 Months

### Cool Painting Tools

*Children will love painting with cool and unusual tools in this art activity while fostering the development of their fine-motor skills.*

#### Materials:

- Tarp or newspaper
- Bowls
- Various painting tools
- Brushes, scrapers, sponges, foam rollers
- Combs, toy cars, stampers, feathers
- Construction paper
- Paint in various colors

#### What to do:

1. Cover a large table with a tarp or newspaper. Pour paint in bowls and place on the table.
2. Give the child a piece of construction paper and different types of painting tools.
3. Encourage the child to experiment with the different painting tools by dipping a sponge, comb, or feather into paint and pressing it on to the paper.
4. Talk about the designs made by the child.

#### Variation:

Take a nature walk and collect various items from outdoors: leaves, pine boughs, rocks, pieces of bark, or seashells. Use them to create nature paintings.

