



## Physical Health, Well-Being, and Movement Skills Activity for 48 to 54 Months

### String Art

*This activity gives children practice in refining their grasp and fun with colors.*

#### Materials:

- Paper
- Newspaper
- Paint smock or old shirt
- 4 colors of paint in bowls
- String of different lengths

#### What to do:

1. Set out string pieces, paper, and paint in bowls.
2. Encourage the child to pick up the string between the pads of his thumb and index finger.
3. Have the child dip the string in a bowl of paint.
4. Encourage him to put the string on the paper to leave the imprint of the string and then remove it.
5. Instruct the child to place the used string on the newspaper to be thrown away.
6. Encourage the child to place another string that has been dipped in a different color on the paper.
7. Have the child continue until he has a fun design.

#### Variations:

- A. Use a pipe cleaner, leather string, or uncooked spaghetti.
- B. Use thicker string, such as yarn, as it may be easier to grasp.
- C. Encourage the child to make shapes, letters, or pictures on the paper.

