



DANCE PAINTING

Suits ages 16 - 60 months



What you will need:

- Giant pieces of paper
- Tap
- Large trays
- Paint
- Wet wipes
- CD player and children's' CD, or your phone to play music

What you do:

1. We recommend using a space with hard floor which is easy to clean.
2. Cover the floor with paper, making sure it is taped to the floor so your child/children will not slip or trip on it. Add different colour paints into different trays (or onto paper plates).
3. Help your child/children to remove their shoes and socks; let them pick the colour paints they would like on their feet, encouraging them to name the colour of the paint first. With younger children say the colour they point to which will start to build up colour recognition.
4. Carefully help your child/children place their feet gently on top of the paints to create a thin layer of paint on their feet. If your child does not like the texture then allow them to explore it first. Some children may not want to take part in this activity.
5. Whilst holding your child's hands, to ensure they do not fall over, play the music for your child/children to dance to, asking them to jump, tap and move their feet.
6. When your child/children have all finished dancing you will have a colourful picture created through dance.

This activity is perfect for your child's/children's physical development, encouraging gross motor skills through moving in a range of ways. This also supports your child's/children's development in expressive arts and design, through providing your child/children with the opportunity to move to music and letting them explore with colours and observe the marks they make with their feet.