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Sensory Paint Recipes

Rainbow Finger Paints

What do I need

½ cup Corn flour

3 cups cold water divided

Food Colouring (red, yellow, green, blue)



What do I do

In a large bowl, place corn flour and blend in 1 cup water. Add remaining water. Microwave on high 8-9 minutes or until thickened, stirring every 2 minutes. Pour 1/2 cup thickened mixture into each of six small bowls. Add desired food colouring. Cool.

Weird Finger Paint

Add food colouring to any one of these to make your own finger paint:

- wallpaper paste
- toothpaste
- vanilla pudding
- shaving cream
- hand lotion
- vaseline

Popsicle Paint

- Pour liquid tempera paint into ice cube trays or other containers.
- Put craft or popsicle sticks in each compartment (they may lean a bit, but that's OK)
- Let set overnight in freezer.
- Dip bottom of container in warm water to loosen.
- PAINT!
- Great colours and great fun!

Scratch and Sniff Paint I

What do I need

- peppermint, orange, and your favourite
- extracts paint
- paper paint
- brush

What do I do

Have the children mix a few drops of extract to paint, paint a picture, let dry and then smell the different scents.

Scratch and Sniff Paint II

Mix together jelly crystals and glue. Make up different colours. Colour picture that is printed on firm paper or card.

Leave to dry.

Scratch picture to release smell.

Cooked Finger-Paints

What do I need

1 c Flour

2 teaspoons Salt

3 c Cold water

2 c boiling water

food colouring as desired

What do I do

Mix the flour and salt in an electric skillet, add the cold water and stir until smooth. Add the hot water and stir until boiling. Boil until clear, then add desired food colouring. Mix until smooth.

Ooey Gooley Finger Paint

What do I need

1¼ cup corn flour

2 cups water

Food colouring

What do I do

Mix all ingredients in a saucepan. Then boil the mixture until it is nice and thick. Pour into individual containers and then add food colouring. This finger paints work best when used on a glossy paper such as butcher or shelf paper.

Soap Paint

What do I need

1½ cups soap flakes

1 cup warm water

Powdered Tempera Powder paints as needed

What do I do

Whip with an eggbeater until stiff.

Let students 'dig' in with their hands and paint their master pieces

Crystal Paint

What do I need

1/4 cup hot tap water

3 teaspoons Epsom salts

What do I do

Mix 1/4 cup hot tap water with 3 teaspoons of Epsom salts. This crystal paint works best when painted on dark coloured paper. When the paint is dry, the salt will form crystals that will shimmer and shine in the light.

Glue Paint

What do I need

Liquid glue food

colouring glitter

What do I do

Mix and paint on!!

Corn Flour Paint

What do I need

3 teaspoons corn flour

2 teaspoons white

vinegar Food colouring

What do I do

1. Mix 3 teaspoons corn flour and 2 teaspoons white vinegar in a small jar.
2. Add several drops of food colour until you have reached the right colour consistency.
3. Corn flour paint is a very smooth paint that will adhere on most paintable surfaces.

Cooked Finger Paint

What do I need

2 cups flour

4 cups cold water

food colouring or dry tempera paint

What do I do

1. Combine the flour and water and cook over low heat until thickened
2. Remove from burner and cool
3. Add a pinch of salt
4. Add dry tempera or food colouring, if desired

Cooked Finger paint II

What do I need

2/3 cup dry starch or corn flour

1 cup cold water

3 cups boiling water

1 T glycerine

2 T liquid soap

Different colours food colouring

What do I do

1. Dissolve starch in cold water. Smooth lumps and add boiling water.
2. Stir constantly.
3. Thicken until clear but do not boil more than one minute.
4. Add rest of ingredients (hot or cold)
5. Divide mixture into different containers (as many colours as you need)
6. Last of all add a few drops food colouring to each container (in № 5)

Variation: Snow Paint

What do I need

To, 1 cup 'Cooked Finger paint II' (recipe above), add:

1 T white tempera paint or 1 1/2 cups soap powder or

flakes 1 cup hot or warm water

1 tsp glycerine

What do I do

- Whip with an egg beater.
- Let the kids paint with their hands, arms or feet.

Snow Paint II

What do I need

½ cup flour

½ cup salt

½ cup water

What do I do

- Mix together ½ cup flour, ½ cup salt and ½ cup water.
- Using a small sponge for a brush, paint snow pictures on black or dark blue construction paper.
- This paint gives a great three-dimensional effect.
- Let the picture dry thoroughly.
- You can also use regular paints on top of the snow paint after it dries.
- Try putting it into a squeeze bottle and "painting" pictures this way!



Shaving Cream Snow Painting

What do I need

- Shaving foam
- White glue
- Construction Paper
- Food colouring / powder paint
- Small plastic bowl per colour
- Small paintbrush



What to do:

If you'd like your snow painting to have colour, mix a small amount of glue with a drop of food colouring in a plastic bowl. If you'd like your painting to appear white, do not add any food colouring to the glue.

Add an equal amount of shaving cream to the coloured glue.

Make a new mixture for each colour you'd like to paint.

Use the paintbrush to paint pictures with the shaving cream on a piece of construction paper.

Let the picture dry. When the picture has dried, the shaving cream will be puffy -- just like real snow!

Mud Paint

Gather some squishy mud in a bucket. Mix water with it till you feel it is the right consistency. Spoon some mud onto cardboard and using an old paintbrush begin. The children can use their fingers, an old comb or anything else to make interesting patterns. When finished let it dry to take home.



Clown paint

What do I need

1/8 cup of baby lotion

1/4 cup tea, powdered tempera paint

1 squirt dishsoap.

What do I do

Mix together well and paint away!



Face Paints

What do I need for each colour!!!

1 teaspoon corn flour

1/2 teaspoon water

1/2 teaspoon cold cream Food colouring

What do I do

Mix together in an old muffin pan & paint!



Freezer Paint

What do I need

Tempera paint

Ice cube tray

What do I do

Carefully pour different colours tempera paint, on top of each other, in an ice cube tray. Now put Gladwrap over the tray and stick a craft / ice cream stick in each one division of the ice cube tray. Place in the freezer. Paint with multi-coloured Freezer paint on a stick!



Drizzle Goo

What do I need

1 Cup Flour

1/4 Cup Sugar

1/4 Cup Salt

3/4 Cup Water

Food colouring

What do I do

Mix all together and put in squeeze bottle. Drizzle on paper.

Shaving Foam Paint

What do I need

Muffin tin spoon

shaving cream

(can) food colouring



What do I do

Mix together different colours in each tin, and let the kids dip their fingers in and paint!

Shaving Foam Paint II

What do I need

Shaving cream

PVA Glue

Sticks / fingers / brushes

What do I do

- Make a half-and-half mix of shaving cream and PVA glue. This is the best feeling stuff!
- Children can use sticks, fingers, or brushes to in it.
- They absolutely love it and it dries well.

Shaving Cream Snow Painting

by Christine Dvornik

Create a picture of a cool, snowy afternoon without having to step outside.

What do I need:

- Shaving cream (foam)
- White glue
- Construction paper
- Food colouring or powder paint (optional)
- Small plastic bowl (one per colour)
- Small paintbrush (or Q-tips)

What to do:

Step One: If you'd like your snow painting to have colour, mix a small amount of glue with a drop of food colouring in a plastic bowl. If you'd like your painting to appear white, do not add any food colouring to the glue.

Step Two: Add an equal amount of shaving cream to the coloured glue.

Step Three: Make a new mixture for each colour you'd like to paint.

Step Four: Use the paintbrush or a Q-tip to paint pictures with the shaving cream on a piece of construction paper.

Step Five: Let the picture dry.

When the picture has dried, the shaving cream will be puffy -- just like real snow!



TOP: With liquid paint.
BOTTOM: with powder paint



Puffy Paint Mix

This fun paint mix recipe will actually dry on the paper "puffy".

What do I need

Flour
Salt
Water
Tempera Paint



What do I do

- Mix equal amounts of flour, salt and water (ie. $\frac{1}{2}$ cup of each).
- Add liquid tempera paint for colouring.
- Pour mixture into squeeze bottles and paint away.
- When mixture dries, it will become puffy.

Powdered Milk Paint

What do I need

1 part powdered non-fat milk
1 part water
Powdered tempera

What do I do

Mix milk with water until the milk is dissolved. Separate mixture into different containers (one for each colour you want) and Add in the powdered tempera and mix. This paint dries quickly to a glossy opaque finish and does not dust, chip or come off on your hands.

'Glue'

Paper Maché Glue

You will need:

- 1 heaped dessert spoon of corn flour
- Water
- A mixing bowl or pot
- A kettle

What to do:



1. Boil one litre of water.
2. Put the corn flour into the mixing bowl and, while mixing, gradually add a small amount of cold water until the corn flour becomes a smooth, creamy paste. While mixing, gradually pour the boiled water into the corn flour paste.

OR

3. Put the corn flour into pot and, while mixing, gradually add a small amount of cold water until the corn flour becomes a smooth, creamy paste. Add more water and bring to boil on a medium heat and stirring continuously.
4. You can start using the glue when it is cool enough to touch. To use, tear sheets of newspaper into strips and dip them into the glue. It is easier to tear newspaper into neat strips when you tear along the grain of the paper. Try tearing the newspaper both vertically and horizontally to discover which way the grain runs.

Use wallpaper paste. Follow the What do I do from the manufacturer to mix this paste.

Make Your Own Sticker Glue

What do I need

- 2 tablespoons vinegar
- 1 packet of gelatin
- 1 teaspoon peppermint extract, vanilla extract, or any flavour you like

What do I do

1. Boil vinegar in a small pan then turn the heat to low.
2. Add gelatin to the hot vinegar and mix until dissolved and add the flavour.
3. Extra glue can be stored in a tightly sealed jar for later use.
4. To use the glue again, place the jar in a pan of hot water.



How to Use:

Print your own stickers, brush glue on the back surface and let the paper dry. It may curl, but will straighten out when dry.

When the paper dries, cut out the stickers, moisten and place the stickers where you want.

This also works to make labels. Children love to label their things.

