

ArtPlay at Home

# Picture Book Program

## These activities were developed by ArtPlay and Family Services as part of the Picture Book Program.

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# Rolling Prints with Natural Inks

Age**: 2 to 5 years**

You will need:

* Paper
* Ping pong balls or similar
* Mortar and pestle
* Sieve
* Juicy fruit and vegetables such as spinach, beetroot ends, raspberries, or blueberries.

Instructions:

* Grind the vegetables and berries in a mortar and pestle
* Strain the vegetable and berry juice through a sieve
* Dip the balls into the vegetable inks
* Roll them across the paper to create interesting patterns

# Rock Creatures

Age: 2 to 5 years

You will need:

* Smooth stones
* Coloured pencils
* Wax crayons

Choose some of these:

* Small twigs and leaves from outside
* Gumnuts
* Pinecones

Instructions:

* Collect some round, flat stones with a smooth surface
* Draw the face of your favourite animal, person, or magical creature with the crayons and pencils
* Place your rock creature in the garden or a plant pot
* Use your imagination to create a natural environment for your rock creature using twigs, leaves, gumnuts and pinecones

# Submarine Window

Age: 2 to 5 years

You will need:

* Transparent contact paper (sticky paper)
* Coloured paper for frame and cut outs
* Cellophane paper
* Tissue paper
* Masking tape
* Scissors

Instructions:

* Cut the coloured paper into the shape of a circle (submarine window)
* Stick your window frame onto the transparent contact paper (sticky paper)
* Decorate your widow by using the cellophane, tissue and card paper to build your image (imagine a window of a submarine)
* When you are finished decorating, stick another piece of the contact paper over your window
* Cut out your window following your circle frame

# Floral Sun Catcher

Age: 2 to 5 years

You will need:

* Clear contact sheet
* Petals and leaves
* Icy pole sticks

Instructions:

* Collect different shapes, colours and sizes of petals and leaves
* Cut square shaped pieces of contact
* Firmly place icy pole sticks around the edges to give the contact square a strong frame
* Pluck some petals and leaves and place them on the sticky side of the contact sheet
* Once finished, you can tape the sun catchers on windows
* Watch tiny shapes and lines appear as the light shines through
* Every petal and every leaf is different!

# Galaxy Playdough

Age: 2 to 5 years

You will need:

* 1 ⁄ 2 cup salt
* 1 cup plain flour
* 2 tablespoons cream of tartar
* 1 cup water
* 1 tablespoon oil
* Red, blue and yellow food colouring
* Silver glitter

Instructions:

* Mix all ingredients in a saucepan over medium heat until doughy
* To get a dark midnight colour: use a lot of blue, some red, and a small amount of yellow food colouring (add more as you go if you need)
* Next, tip it out and knead until you’re happy with the texture
* Lastly, add the glitter!

# Cloud Dough Recipe

Age: 2 to 5 years

You will need:

* 8 cups flour
* 1 cup vegetable oil,
* 1 tablespoon of non-toxic paint powder (optional)
* A mixing spoon and large bowl

Instructions:

* In a large bowl, stir together the vegetable oil and flour.
* Add paint powder and mix again.
* This super sensory dough can be easily moulded and shaped, yet it slides through your fingers as soft as a cloud.
* Cloud dough is non-toxic and will last in an airtight container for a few weeks.

# Salad Spinner Painting

Age: 2 to 5 years

You will need:

* Salad spinner
* Washable paint in ‘squeezie’ bottles
* Small paper plates

Instructions:

* Place a paper plate inside the salad spinner and have your child drop a few globs of paint anywhere on the plate.
* Place the lid on and give it a fast spin, your child will love this bit!
* Open the lid and take a look inside at your spin art!
* Carefully pull out the plate and let it dry.

# Insectables – Vegetable Insects

Age: 2 to 5 years

You will need:

* Playdough
* Vegetable scraps leftover from cooking, such as spring onion roots, carrot ends, spinach root, beetroot ends, eggplant, tomato, cucumber
* Toothpicks or wooden skewers

Choose some of these:

* Small twigs, gumnuts and leaves
* Whole spices such as cloves or star anise

Instructions:

* Shape the playdough to make the main part of the insect’s body.
* Stick spices, leaves, or twigs into the playdough for the insect’s eyes and legs.
* Using the toothpicks or skewers, attach vegetable scraps to give your insects other body parts, such as feet and wings.
* Use your imagination to make any insect, animal, or creature you like.

# Ink and Salt Painting

Age: 2 to 5 years

You will need:

* Paper
* Ink
* Plastic cups
* Pipettes
* Table salt

Instructions:

* Spread out your paper.
* Prepare a selection of different coloured inks in plastic cups.
* Using the pipette, squeeze the end while you dip it into the ink.
* When you see that the ink has entered the pipette start squirting the ink on the paper. Have fun with this!
* When you are happy with your painting, sprinkle some salt on top.
* After it is dry, you will be able to see all the magical effects created by the salt.

# Recycled Binoculars

Age: 2 to 5 years

You will need:

* Cardboard tubes
* Masking tape
* Wool
* Hole puncher
* Stickers to decorate

Instructions:

* Stick tubes together with masking tape; this will create the body of the binoculars.
* Once the body is firm, it is time to decorate them. We used stickers and different kinds of tape, but you can use whatever material you want for this bit.
* Now you will need to make 2 holes on each tube. Thread the wool through those holes and make a knot to create a strap. You are now ready to go outside and explore!

# Rock Painting

Age: 2 to 5 years

You will need:

* Rocks (not too heavy)
* Salad spinner
* Washable paint

Instructions:

* Collect rocks from your garden
* Wash the rocks before you use them
* Place one or two rocks at a time in the salad spinner and have your child drop a few globs of paint anywhere on the rocks
* Place the lid on and give it a fast spin, so much fun!
* Open the lid and take a look inside at your colourful rock collection!
* Carefully pull out the rocks and let them dry.

# Natural Water Colour Painting

Age: 2 to 5 years

You will need:

* Turmeric
* Paprika
* Sliced beetroot
* Tea leaves and tea bags
* Coffee
* Cocoa
* Water
* Paint brush
* Paper

Instructions:

* Place the paper on the table.
* Create the colours by mixing each of the spices and food items with water in separate containers. Provide no more than 4 colours at a time. Before you start painting, explore the smells.
* When using the sliced beetroot allow your child to move it around with their hands.
* Dunk the tea bags into the different containers to change the colours.
* If you want to keep the colours separate, have a glass of water to wash brushes out between using each colour.

# Shaving Cream Stack

Age: 2 to 5 years

You will need:

* Shaving Cream
* Recycled materials, for example: sponge shapes, all sizes of cardboard boxes, plastic bottle tops and bottles, coloured paper, straws etc. (Anything that is light in weight)

Instructions:

* Fill a container with shaving cream.
* Display recycled materials on the table or floor so your child can explore and choose what they desire.
* Show your child that the shaving cream works like glue, then allow them to explore and build stacks with the materials.

# Sticky Window Art

Age: 2 to 5 years

You will need:

* Clear contact paper
* Sticky tape
* Coloured cellophane
* Cotton balls
* Popsicle sticks
* Coloured paper

Instructions:

* Cut out a large sheet of the clear sticky contact paper.
* Use tape on the corners to stick the contact sheet firmly to the window, having the sticky side facing you.
* Enjoy sticking coloured cellophane, pompoms, popsicle sticks and other objects you might find around you!
* Once you have finished, you can peel the objects off and start again!

# Branch Weaving

Age: 2 to 5 years

You will need:

* 3 to 4 branch sticks
* Woolen string
* Sticky tape
* Feathers
* Flowers
* Leaves

Instructions:

* Collect 3 to 4 branch sticks. You can get them from your garden, backyard or the nearest park!
* Use tape to stick the branch sticks to each other to make a frame of any shape such as a triangle or a square.
* Start weaving the woolen string from one corner to the other. You can have someone help by holding the frame while you weave up and down.
* Once you have finished with the weaving, you can add other natural objects, such as flowers, leaves and feathers!

# Card Bird

Age: 2 to 5 years

You will need:

* Recycled cardboard (cereal boxes, biscuits)
* Feathers
* Straws
* Any other materials you may have lying around your home
* Scissors, stapler, string, hole puncher

Instructions:

* Cut down the cardboard to the shape of a bird
* Use the left over cardboard pieces for the wings and beak
* Use the feathers and other things to decorate your bird
* Use a hole puncher to make a hole
* Thread a piece of string through the hole
* Your Card Bird is now ready to be hung around the house or play with outside

# Playdough with Natural Colours and Smells

Age: 2 to 5 years

You will need:

* 2 cups flour
* 2 cups warm water
* 1 cup salt
* 2 tablespoons vegetable oil
* 1 tablespoon
* cream of tartar
* Mortar and pestle
* Sieve
* Saucepan

Choose some of these:

* Ground spices such as cinnamon, nutmeg, turmeric
* Fruit and vegetables such as spinach, beetroot ends, raspberries, or blueberries
* Flowers, leaves, and anything you can find in the garden
* Instant coffee

Instructions:

* Grind vegetables, berries, leaves, or flowers in a mortar and pestle
* Strain vegetable and berry juice through a sieve
* Put flour, warm water, salt, vegetable oil, and cream of tartar in a saucepan
* Stir over a low heat
* When dough is half mixed, add your juice mix for colour
* When the dough comes away easily from the side of the pan, remove from heat
* Let it cool and then mix in spices or instant coffee

# Mess-Free Finger Painting

Age: 2 to 5 years

You will need:

* 1 Ziploc bag
* Paints
* Sticky tape

Instructions:

* Squirt 1 or 2 colours of paint in a Ziploc bag and seal the bag firmly.
* Use sticky tape along the Ziploc bag’s edges to stick it on a table, window or any surface of your choice.
* Move your fingers along the outside of the Ziploc bag to mix the paint inside it.
* Have fun mixing the paints together and drawing in patterns using your fingers and hands!
* Remember to keep the bag tightly closed so that no paint comes out!

# Earth Mandalas

Age: 2 to 5 years

You will need:

* A container that your child can easily hold and carry
* Different coloured and sized leaves, sticks, flowers, rocks and seed pods
* Take the lead to encourage your child

Instructions:

* Gather any natural objects that appeal to you.
* Once you have enough items, take the time to consider which ones to choose and where to place them in a circular pattern on a flat spot.
* Give your circle enough space to grow over time.
* The act of mindfully walking in and out of the circle and placing the objects in a circular pattern helps children to focus into a quiet, relaxed state while they connect with their creativity.