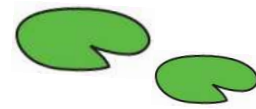




Suitable for children age 0-5 years



## Spongy hands – a fun take on sponge painting

### What you will need

- Card to print on
- Sponges – large enough for children to place palms on. No need to buy special art sponges, clean household sponges will do
- Different coloured paints, non toxic and suitable for children

### Lily's steps to spongy hands

- Your child can help you squeeze paint over the top of the sponge
- Encourage your child to place their hands on the sponge, exploring the texture and squeezing the sponge
- Your child can print their hands onto the paper as well as print with the sponge

### Lily's tips for staying safe ...

- Young children must be supervised at all times.
- Sponges can present a choking hazard, especially if chunks are “nibbled” off. Please supervise your child and discourage them from biting the sponges
- Messy mats can protect the carpet from spillages. Cheap shower curtains provide a great way of protecting soft furnishings and carpets. Aprons can protect your child's clothing.

### Working together

- Enhance your child's communication by asking about their experience. You may ask them about the texture of the paint and sponge, “Is it sticky, is it spongy, can you squeeze the sponge?”
- Look at the marks your child has made on the paper together, praise your child for their efforts and encourage them to feel proud of what they've achieved

### Lily's guide to learning and development outcomes for your child

By doing this activity with me you will help me to develop my fine motor skills and grasping movements. This activity will also help to develop my hand eye coordination. This is called my **physical development**.

When you sponge paint with me you will help me to learn about colours and textures. You will also be helping me with my conversation skills. This is called my **intellectual development**.

We can talk about colours and textures together. You will be helping me with my range of vocabulary and **speech and language development**. Help me to learn words such as water, colours, sponges, shapes

Sponge painting will give me lots of enjoyment and a sense of achievement. When you praise and encourage me, you will help to raise my self-esteem and build my confidence. This is good for my **emotional development**.

By enjoying this activity with siblings, I will learn how to learn to share and take turns which will help me with my **social development**.

The sponges and paints and textures we use will help with my tactile development. Colours and paints will stimulate my vision and the sponges will introduce me to a range of new tactile experience which will help my **sensory development**.