

Name of activity: Crayon Resist Spray Bottle Painting

Purpose / Key words: fine motor, executive functioning, self regulation, visual motor

Age range: K- grade 2, grades 3-5

Materials

1. 1 white crayon
2. White cardstock paper
3. Food coloring
4. Spray bottles (1 for each color you would like to use)
5. Water
6. A surface you do not mind getting a little messy, such as the ground outside or a table covered in trash bags

Instructions

1. Draw a picture on the white cardstock using the white crayon→ make sure to press hard when using the crayon to get enough of it onto the cardstock
2. Mix about ¼ cup of water and 5-6 drops of food coloring in a spray bottle (you will need to do this step multiple times if you wish to use more than one color)
 - a. Close the lid of the spray bottle and shake it to mix the water and food coloring together
3. Spray the drawing with the colorful water, try adding more than one color! The drawing you created using the white crayon should appear.
4. Allow the artwork time to draw and display for all to see!

Activity Modification

- **To simplify**
 - Mix up the colored water for the child
 - Provide the child with a hand-over-hand assist to operate the spray bottle
- **To make more challenging**
 - Have the child measure out the water and food coloring
 - Use a large piece of poster board requiring the child to fill up the larger space with more drawings

Link /resource:

https://thecraftingchicks.com/crayon-resist-spray-bottle-painting/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes

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