

Name of activity: Painting with Ice

Purpose / Key words: fine motor, self-regulation, visual motor

Age range: K- grade 2

Materials

1. Popsicle sticks
2. Water
3. Food coloring
4. White paper
5. Ice cube tray
6. Covered surface, such as a table covered in newspaper so it does not get too messy

Instructions→ This activity requires some preparation

1. Make your paint/paint brush
 - a. Fill an ice cube tray with water
 - b. Add a drop of food coloring to mix into the water, feel free to make as many different colors as you'd like
 - c. Mix the water and food coloring with the popsicle stick
 - d. Place a popsicle stick in each section of the ice cube tray that has water and food coloring in it
 - e. Allow your ice cubes to freeze overnight
2. Paint!
 - a. Line your table with newspaper or trash bags for easy clean up
 - b. Get the ice cubes loose from the tray
 - c. Using the popsicle stick as your brush and the ice cube as your paint, start painting on the white paper!

Activity Modifications

- **To simplify**
 - Prepare the ice cube trays ahead of time
 - Assist the child in coming up with an idea of something to paint
- **To make more challenging**
 - Have your child assist with mixing the colors and preparing the ice cube trays
 - Encourage the child to be as creative as possible!
 - Have the child paint while lying on their stomach for additional core strengthening

Link /resource:

<https://www.womansday.com/home/crafts-projects/g28761662/art-activities-for-kids/?slide=12>

