



[colourfulesenses.aba@gmail.com](mailto:colourfulesenses.aba@gmail.com)

Find us on Facebook or email for more information: @colourfulesenses.aba



Ideas for kids who don't like messy art

What you will need:

- 4 toilet rolls
- Coloured card or bits tissue paper
- PVC glue or glue sticks
- Scissors

Instructions:

Cut the coloured card into strips, some long and some short depending on your preference, cut circles of different coloured card as leafy part of the tree. Stick the leafy part of the tree on the back of the toilet roll and stick strips of card on top, you can make different shapes.

Ideas for kids who don't like messy art

What you will need:

- Paint
- Water
- Straws
- Tray

Instructions:

Put the paper in the tray and pour some paint or drip paint onto the paper, use a straw to blow the colours around and make different shapes.



## TOP 3

# Kinetic Sand & MOON SAND

## Recipes



Ideas for kids who like messy play/messy art and making things with their hands:

See recipes for ideas

### Moon Sand 1.0

4 cups flour  
1/2 cup baby oil

crumbly, moldable,  
dry, messy

### Moon Sand 2.0

2 cups fine sand  
1 cup cornstarch  
1/2 cup water  
1 t Tea Tree Oil

crumbly, moldable,  
muddy, wet

### Kinetic Sand

5 cups play sand  
1 cup + 3 T corn starch  
1/2 t dish soap  
1 cup water  
1 T Tea Tree Oil

soft, moldable,  
moist but not wet

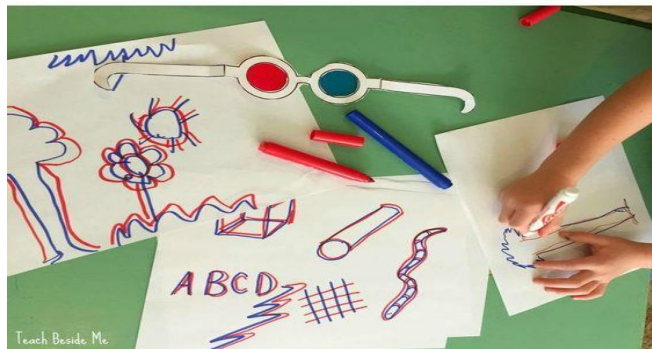
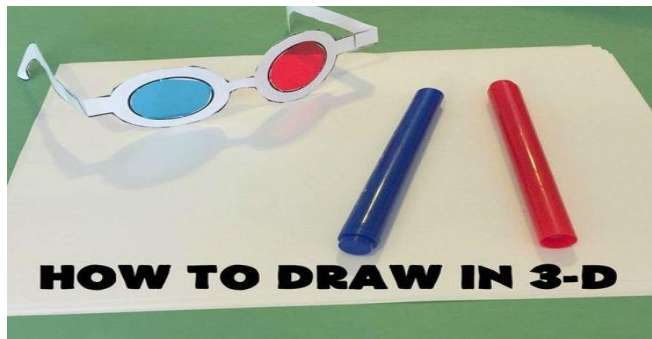
Ideas for kids who like to draw.

Things you will need:

- Blue felt tip pen
- Red felt tip pen
- Paper
- 3D glasses (you can make these too)

Instructions:

Draw shapes, pictures, letters in red/blue pen and trace around or draw very closely to the original lines with the blue/red pen. Put the glasses on to see the effect.





Ideas for kids who like to paint/draw/create characters

Things you will need:

- Toilet rolls
- Paint/pens
- Googly eyes (optional)

Instructions:

Paint different faces or features on toilet rolls, stick on features for added effect.



Idea for kids who like to stack/create structures

Things you will need:

- Toilet rolls
- Scissors
- Paint
- Paintbrushes

Instructions:

Cut the toilet rolls into different sizes and cut short lines in the toilet rolls, paint and or decorate as per preference.





## Sensory Activity

What you will need:

- Balloons
- Rice (or lentils/quinoa/couscous)
- Scissors
- Funnel

Instructions:

Cut the neck off of the two balloons you want for the color to show on your beanbag. Blow the third balloon up 2/3s and keep it blown up for 30 seconds; let air out and insert funnel in opening. Fill with around 1/2 cup rice or small lentils, cut off hard ring at end of balloon.

Lay neck of balloon against the filled balloon. Gently stretch one of the other two balloons over the filled balloon with the neck of the filled balloon on one side. Slip the filled balloon into your last balloon and you have completed your beanbag ball.

Painting without a mess

What you will need:

- Bleeding tissue paper
- Watercolour paper
- Waterbottle spray

Instructions:

Cut the tissue paper into different shapes. Have the child arrange them on the paper, squirt the water onto the tissue paper. Leave for a few minutes then remove tissue paper – this tissue paper stains!





## Printmaking with toilet rolls

What you will need:

- Toilet rolls
- Paper
- Paint

Instructions:

Shape the toilet rolls into different shapes (circle, square, triangle...), dip it into colour paint and transfer onto paper,



Paper plate crown/hat (can be adaptable to messy or non-messy)

What you will need:

- Paper plates
- Paint or pens
- Glitter
- Glue
- Tissue paper
- Scissors

Instructions:

Divide the inside of the paper plate like a pizza and cut it (don't cut the rim). Let the child decorate.

Ball Rolling

What you will need:

- Small sized ball (tennis ball, bouncy balls...)
- Paint
- Big sized paper

Instructions:

Dip the ball in paint and roll it out over the paper.



