

# PAINTING ON FOIL



## DIY Resource Sheet

### OVERVIEW

**Prep time: 10 minutes**

**Difficulty: Medium**

**Estimated Cost: 10 AED**

**Mess level: Messy**

**Age: 3plus**

### Benefits:

This activity works on so many skills for young children. Toddlers and preschoolers are able to work on fine motor skills, learn exploring colour mixing and experiment with a new media. It's great for all ages and can be helpful as a calming down technique.

Some children turn to art as a form of expression. I have worked with children in the past who are non-verbal and use art as a way to communicate with others. In addition to expressing themselves, painting helps you relax and is a brilliant stress reliever - which is positive for Emotional Development

### Top Tip:

The paint responds so wonderfully to the foil however using fluro paints is even better as it really made the colours pop and almost look like they'd glow in the dark!

Secure the foil down to surface so it stays in place and less likely to tear.

### What you need

- Foil,
- Paint brush/Cotton buds or fingers/hands!
- paint
- For inspiration look at the painting 'Starry Night' by Van Gogh.

### Instructions

Paint directly onto the foil to create a different look and texture from normal paper.

### Ways to adapt

If you like the idea of Painting on Foil, you will also no doubt love Sensory Shaving Foam Painting.