



## Activity ideas to support Learning at Home 2-5 year olds Early Years Service, Children's Services Buckinghamshire Council



### Paper Hunt!

Go on a search around your home to find things you can paint on e.g. paper, card, unused rolls of wallpaper, flattened cardboard boxes.

Newspapers are good because they are big sheets of paper. If there is too much print on them then an adult could use a single paint colour to create a plain background before your child starts using the paper to paint on.

### And PAINT!

For some children, the experience of using paint and enjoying being creative is enough. If your child has experience of painting, then you may want to talk to them about what they want to paint before letting them loose on the paper. To further extend your child, place an object in front of them to give them inspiration like a flower or a favourite teddy.

Praise thinking skills, concentration and effort as they paint and ensure you value the process of painting over the end product. Click the link for more ideas [Painting at home | Words for Life](#)



### Let's paint!

### To brush or not to brush

If you have some paint brushes, then great. You could use old kitchen pastry brushes or make-up brushes. If not, there are other things you can use to paint with including your body parts.

You can create your own 'brushes' by attaching various items to clothes pegs. Try clipping on any of the following items, scouring pads, sponges, crepe paper, folded felt, cotton balls, pipe cleaners, string, feathers, foam and pom-poms.

Hands and feet are an important part of paint play as children explore what their bodies can do. Children may enjoy the texture of paint between their fingers and toes. This may be a first step into paint play for some and it gives them the confidence to explore and enjoy the materials.

### Prepare the area!

Painting can be a messy experience and that is half the fun of it but if you are concerned about walls and furniture then use old towels and sheets to cover things up! Plastic coverings or sheets are also useful. If you have outdoor space then this is a good activity to take outside. Have a bowl of water and washing up liquid ready for messy hands, pots and brushes!

### Team Paint

Set yourselves a challenge to paint something together. Focus on the process of painting and praise children when they share the paints and paper and work well together.

### Proud Cloud

Display your paintings for all to see – could they go in your window for passers-by to admire?

## Top Tips

Children enjoy drawing pictures of themselves. To get the most out of this activity, give them a mirror so they can identify all the features that make them them.

It is important that children feel good about who they are and how they look, and this includes skin colour, freckles, birthmarks and all those other features in between. Talk to your child about what they look like and tell them that you love them no matter what they look like. Remind them, it is what's on the inside that counts.

Get them to paint pictures of the entire family and create your own gallery of portraits. Encourage all members of the family to get involved in producing pictures for your gallery.

**Vocabulary** and **increasing** the number of new words your child hears every day is very important for future learning. **Skin tone** may be a new phrase for your child and can be described as the exact shade of your skin. Even in families, skin tone can be different.

## Find out more about your child's development

[What to expect in the Early Years: A guide for parents](#)

If you have any concerns about your child's development the first thing you can do is chat to your Child's Key Person at their setting.

## Information for Parents & Carers

### How to make paint

#### Ingredients:

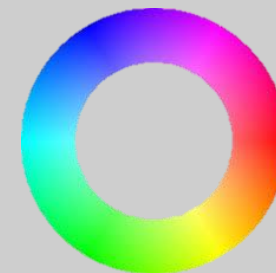
- 1 cup of water
- 1 cup of plain flour
- 1 cup of washing up liquid
- Red, blue and yellow food colouring
- 3 jam jars, one for each colour

#### Method:

- Start by mixing the flour and water in a big bowl.
- Do this until it is completely smooth and not lumpy.
- Stir in the washing-up liquid.
- Pour the liquid into as many different containers as the number of colours you want.
- Add food colouring to each individual jar and shake it!
- It will be all frothy and bubbly at first but it soon settles down.
- Go paint!

Consider making the primary colours of red, blue and yellow and then mixing them to make other colours.

red + blue = purple  
blue + yellow = green  
yellow + red = orange



### Find out more

[Let's get talking - toddlers](#)

[CBeebies Parenting](#)

<https://wordsforlife.org.uk/>

[Learning to talk - Start for Life - nhs.uk](#)

[CBeebies – Make & Colour](#)

[Home - Starting Reception](#)



### Expressive art and design

**3 and 4 year olds**

**You might notice that your child:**

- is interested in drawing and making shapes with the paint.
- paints with a purpose in mind and creates simple representations of events, people and objects.
- uses simple techniques well, like selecting a good brush to produce the desired effect.
- explores colour mixing and enjoys the problem-solving process.