

Babies

Body Painting

YOU WILL NEED

- Paint
- Masking tape or Sellotape
- Some bin liners
- Flattened cardboard boxes
- Adequate floor space



WHAT TO DO

To minimise mess, place the bin liners flat on to the floor as a base, then lay the flattened cardboard boxes on top and tape them together to protect the floor. Put a small amount of paint onto a paper plate or a larger amount into a bowl. Babies can then explore painting on the cardboard. Let them use their fingers, hands, or feet to see what marks they can make.

LEARNING & DEVELOPMENT

This activity supports babies' sensory awareness and physical development. Providing opportunities for babies to sit and pat, crawl and walk, develops their mobility, and increases their physical confidence and independence. Body painting also encourages babies to use a variety of physical movements, strengthening the muscles in their hands using a palmar grasp, and the muscles in their feet by simply pushing them back and forth. This in turn will help to support them when they take their first steps.