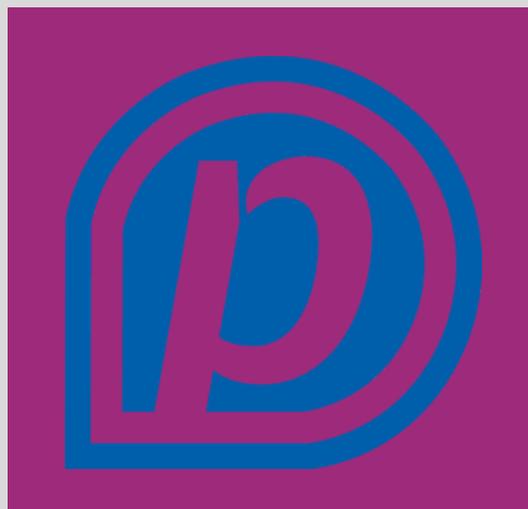




Sensory Inspired Art Activities

Created for PAMIS by Caroline from
Making SENSE Creative Services LTD



Ingredients

- Balloon(s)
- Balloon Pump
- Tray or paper plate
- Acrylic or Poster Paint
- Ready mix brush to help with application
- Paper
- Apron
- Soap and water to clean up afterwards!



Balloon Printing



Method:

Choose your colours of Paint and pour them on to a flat surface.

Blow up a balloon - not too full!

Roll the balloon into the paint and roll; press lightly onto paper.

You can fill the deflated balloon with dried rice or a little water to add additional sound and movement when it has been inflated!

Shaving Foam Marbling

Method:

Using a tray or a plastic sheeting/tablecloth, spray some shaving foam.

Add drops of food colour into the foam.

Swirl the colours to make interesting combinations of colour.

Place a sheet of paper onto the shaving foam and press down.

Lift the paper and using the ruler scrape off excess foam to leave your marbled design.



Ingredients

- Shaving Foam (not gel)
- Tray or large sheet of plastic
- Food colours
- Droppers if you have them
- Chopstick or stick
- Plastic ruler
- Paper
- Apron
- Soap and water to clean up

Cheats - batik



Method:

Pencil your design onto the rough surface of the sandpaper.

Alternatively, create your design directly using the wax crayons.

You will need to use a good amount of pressure to make sure there is lots of wax colour on the surface of the sandpaper.

Place your material onto the ironing board.

Put on your iron and iron the reverse side of the sandpaper directly onto the fabric.

Use newspaper to sandwich the underneath of the fabric and on top of the sandpaper- to prevent any hot wax marking your surfaces/or iron.

Remember also the design will be a mirror image, so writing needs to be done back to front!

Ingredients

- Sandpaper
- Wax crayons
- Pencil to draw out design
- Hot Iron
- Surface to print onto; plain cotton, e.g. old t-shirt





Sensory Bags

Method:

Gather up your equipment.

Place several spoonfuls of hair gel into the sandwich bag.

Do not overfill as it could leak! Less is more.

Add your objects of interest -glitter; baubles; small items; tinsel.

Close ziplock bag and use parcel tape to secure.

Ingredients

- Plastic Sandwich Zip Lock Bags
- Hair Gel
- Glitter
- Interesting objects- flowers; bobbles; characters; shiny bits
- Spoon
- Parcel tape to secure bag





Sensory. Umbrellas



Method:

Weave the lights through the metal supports and secure the battery pack with parcel ties or tape.

Tie string strands underneath the umbrella and attach your objects to the strings.

Weave scarves, tinsel etc underneath the broly.

You are creating a beautiful, unique sensory space which is both interchangeable and portable!

Ingredients

- Umbrella, any colour
- String
- Wool
- Cord to hang objects of your choice under the umbrella
- set of battery- operated lights
- Reflective materials
- colourful items- scarves; fabric strands; tinsel



Salt dough recipe

Method:

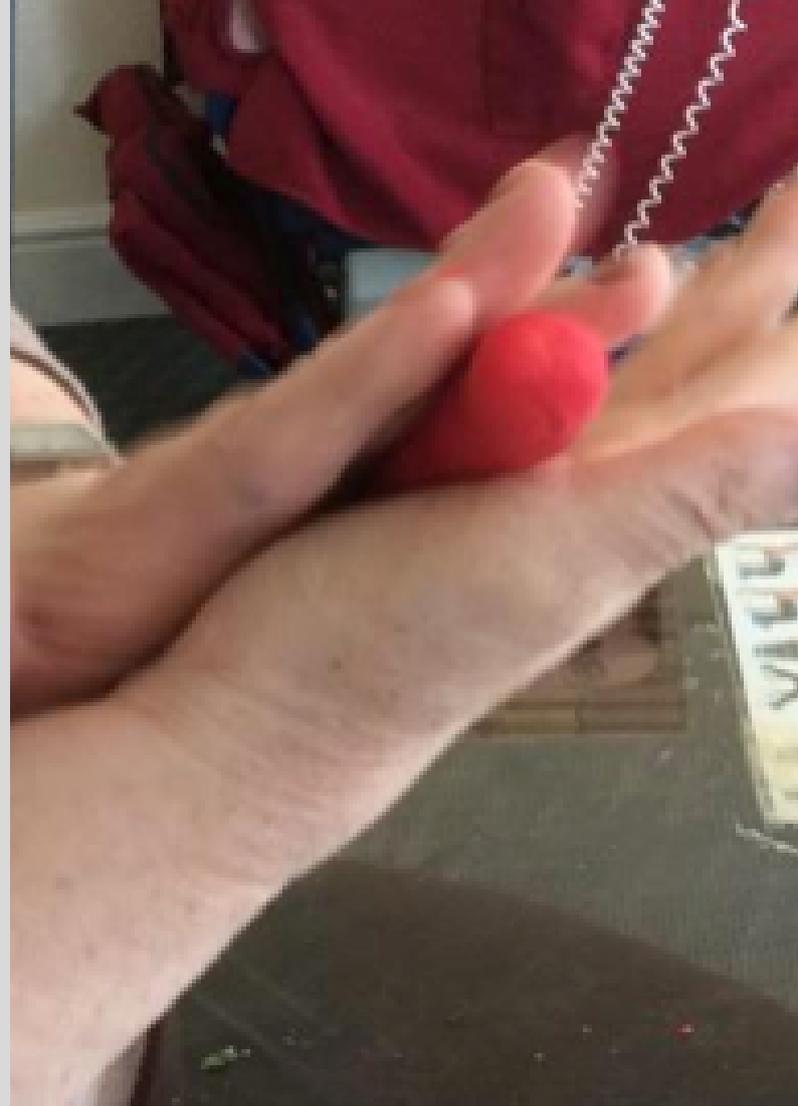
Place salt and flour into a bowl.

Gradually add in the water.

Mix using a spoon or hands until it forms a dough.

Turn out the dough and knead using your hands until it is smooth and well mixed. This removes air bubbles too.

Store in an airtight container. The dough can alternatively be air-dried.



Ingredients

- 2 cups of Flour
- 1 cup of Salt
- 3/4 cup of Water
- Bowl for mixing the dough
- Wooden spoon
- cup for measuring
- Baking Tray
- Paintbrush
- Paint

Salt dough Rainbow



Method:

Divide the mix into 7 balls (one for each colour of the rainbow).

Make the balls of dough range from large to small in size.

Roll out each ball of dough into a sausage-shape; shaping it into an arch design.

It's probably easiest to start with the smallest ball of dough first, in order to get the sizing right.

Place each arch onto a baking tray, allowing a slight space between each arch (this prevents them sticking to each other).

Place in an oven for around 30 minutes at 180oc. Allow to cool; then paint each "sausage" arch with different rainbow colours-

Red; orange; yellow; green; blue; indigo; violet





Vegetable Print Monsters

Method:

Choose your vegetables and fruit.

Cut them into slices; halves; quarters; strips.

Put paints onto a tray or plate.

Dip or paint one side of your chosen vegetables and fruit with paint and press them onto the paper.

Add wiggly eyes onto the "head".

This is where you can really get creative! How many heads, arms and legs has your "monster" got?

Ingredients

- Selection of Fruits and Vegetables
- Paint
- Paintbrushes
- Water
- Sharp Knife
- Chopping Board
- Baking Tray
- Wiggly Eyes
- Glue
- Paper or Card





Ingredients

- Large piece of Card cut into an Egg shape (the back of a cereal packet would be perfect)
- Tinfoil - to cover the egg
- Chocolate Spread
- Icing Sugar & Water
- Sharp Knife
- Sweets to decorate

Easter eggs



Method:

Cover your egg-shaped card with tin foil.

Then cover the foil side with chocolate spread. Alternatively, you could use melted chocolate (any).

Mix a small amount (2 tablespoons) of icing sugar with enough drops of water to create a runny, glue-like consistency. This is your glue!

Choose the sweets you want to use and put a spot of "glue" on them to stick to the chocolatey surface.

Salad Spinner Art

Method:

Cut out your card or paper to fit the inside of the salad spinner (use the internal basket base as your measure)

Place the card/paper into the salad spinner. Drop your chosen colours of paint onto the card, using a dropper or brush.

Replace the lid of the spinner and turn the handle slow and fast to make the paint splash and mix.

With care, take off the lid and see what you have created! It may need more spinning or more paint colours – experiment in mixing colours together.

Remove your patterned disc and display.



Ingredients

- A Salad Spinner
- Thick Paper or Card
- Runny Paint
- Droppers or a Brush
- Water
- Apron

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promoting a more inclusive society





Selfie Frame



Method:

Create a frame using your card. Cut out a rectangle shape in the centre, in order to peep through.

Decorate your frame with your chosen items and colours.

Attach a couple of sticks; chopsticks; or lollypop sticks either end-attaching with tape or glue.

Smile and take a photograph

Ingredients

- Piece of Card (you could use the back of cereal boxes)
- Collect some natural items from outdoors - feathers, green foliage, herbs, flowers, shells; alternatively you could cut out images from magazines - eyes, noses, mouths, celebrities.
- Glue
- Sticks for the supports
- Paint if you want to add some colour

Nature Bangles

Method:

Wrap the card or paper around your wrist.

Cut it to size so that it fits but can be removed easily.

Using a stapler form a bangle.

Wrap sticky tape around the bangle - sticky side facing up. Alternatively cover the bangle in glue (be warned it could be messy!)

Select your items and stick onto the surface of the bangle. Press them down firmly.

Ingredients



- Piece of Card or Paper (to wrap around your wrist)
- Sticky Tape
- Stapler
- Glue
- Paintbrush
- Found items from outdoors; feathers, flowers, leaves, shells, stones, wood, seeds, nuts etc.





Natural Paint Brushes

Method:

Gather the twigs, herbs and foliage to form a bunch.

Secure with string into a tight posy.

Dip into paint and use as a paintbrush.

Ingredients



- Twigs
- Herbs
- Leaves
- Flowers
- Feathers
- String
- Paints
- Palette
- Paper Plate or Tray
- Water
- Apron



Mandalas

Method:

Cut across the old t shirt - forming strips of fabric.

Stretch these across the hoop - you can secure by knotting the fabric or tying on ribbon or string.

Attach your chosen items of interest with ribbon, string or scooby doos!

Try to arrange the items in a repeated design until you have attached all your treasures.

Your Mandala can be hung up on a wall or in a window for everyone to enjoy.



Ingredients

- A Hoop
- Old T-shirts
- Scissors
- Ribbons
- Coloured Feathers
- Shiny things
- Textures
- Cotton Reels
- Gloves





Fill your Socks!

Method:

Take a sock and simply explore different objects you can put into it.

Feel different textures and scented items to encourage choices.

Once your sock has been filled secure the open end using string; a parcel tie or ribbon.

Ingredients



- Odd Socks
- Dried Pulses
- Dried Rice
- Crunchy Materials
- Bubble Wrap
- Marbles
- Bells
- String or Parcel Tie to close up the sock
- Ribbons
- Sponges
- Feathers
- Dried Scented Herbs



Paint your Bread!

Method:

You will use your slice of bread like a piece of paper.

With your paint brush, paint on your design using food colours.

Ensure the bread is not too soggy with the food colours.

Place into the toaster or under the grill.

Watch the colours get brighter.

You can then eat your toast!

Ingredients



- Slice of Bread (white works best)
- Food Colours
- Clean Paint Brushes
- Water to rinse your brushes
- Toaster
- Chopping Board





Home-made Paint



Method:

Gather your ingredients.

Recipe 1: Mix 2 tablespoons of cornflour with enough water to form a paint consistency. Divide into smaller containers and add different food colours to each pot.

Recipe 2: Open your ready-made vanilla pudding. Simply add food colour to it and stir thoroughly.

Recipe 3: Using baby cereal- place some in a bowl add water to create a paint consistency. Add desired colour to it using food colours.

Recipe 4: Take 2 tablespoons of cornflour; 3 tablespoons vinegar and mix them together. Divide mix into smaller containers add chosen colours into each of them. This paint will need regular mixing as the cornflour and the vinegar will separate.

Get painting!



Ingredients

- Cornflour
- Food Colours
- Water
- Bowl
- Spoon for mixing
- Vanilla pudding
- Baby rice or porridge
- Vinegar
- Muffin Tray or small pots for paint
- Brushes
- Apron
- Paper

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Marble Painting

Method:

Place a sheet of paper into your tray.

Put some spots of runny paint onto the paper.

Drop in a few marbles or balls (or conkers as in the picture).

Roll the marbles from side to side until they move through the paint and create patterns onto your paper.

Add spots more paint to build up your design.

Allow to dry thoroughly.

Ingredients

- Glass Marbles - big and small
- Tray
- Empty cardboard shoe box or roasting dish
- different colours of Paint
- Paper
- Apron
- Wet wipes
- Cloth





ART:

using flowers and leaves

Method:

Gather/explore your ingredients and put on your apron.

Cut off some of the heads of the flowers, dip into some paint, until the flower is well covered.

Press firmly down onto paper then lift off.

Repeat.

Paint the reverse side of a leaf then press down onto the paper.

Repeat a few more times until you have a completed design.

Ingredients



- Selection of flowers and leaves - these can be shop bought or found natural treasures
- Paper or card
- Paints
- Paintbrush
- Water for rinsing brush
- Apron



Wax Resist

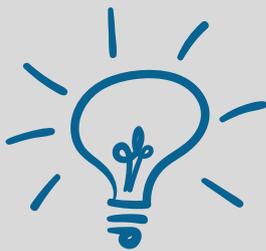
Method:

Using a candle or crayons draw your design onto the paper.

Taking your paintbrush dip into the runny paint.

Paint onto the wax crayoned design.

The paint will stick to the paper and not the wax; leaving behind your design and colours!



Idea: you could write a secret message for someone!!

Ingredients

- a Candle
- Crayons
- Paper
- Card - as a backing
- runny Paint
- Brush
- Water
- Apron



Textured Collage



Method:

Secure your paper or card onto a surface using tape.

Select the items you want to stick down - explore the textures; the colours; the shapes.

Arrange the objects onto your paper or card before sticking them down.

Then place some glue onto the back of each item and stick.

Allow to dry and share your beautiful collage with others.

Ingredients

- different objects with a variety of textures and colours
- Glue - PVA
- Glue gun
- Card or Thick Paper
- Magazines
- Scissors
- Sellotape

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Weaving with Nature

Method:

Take 4 sticks and place them onto a flat surface.

Form a square and connect the corners using the string or wool, by wrapping it round the sticks.

Once you have a frame, simply criss-cross the string/wool across the frame so it looks like a tennis racket.

Using your natural treasures from outdoors, start weaving them through the grid.

Use more string to secure if required.

Continue with this until you feel enough have been added.



Ingredients

- Sticks
- Wool and/or String
- Feathers
- Flowers
- Budding Leaves
- Shells
- Anything else you think. might look great!





Spice Painting

Method:

Place your selection of spices into individual pots or a palette.

Explore each of their textures and scent.

What colour are they?

Add a drop or two of water until each spice becomes a paste.

Use like paint to create your artwork.

Ingredients



- A range of spices from your kitchen cupboard: mixed spice, chilli, cumin, curry powder, turmeric etc.
- Paper
- Water & Paintbrush
- Pots to place your spices into



Mark Making with Kitchen Utensils

Method:

Gather up your different kitchen utensils.

Explore each of their shapes and coat one part of it with paint.

Press the painted side onto the paper to create a mark.

Use as many pieces of equipment as you can adding plenty of colour.

Create patterns and beautiful mark-making to share with others.



Ingredients

- A selection of kitchen utensils (mashers, forks, rolling pins, pastry wheels etc.)
- Paper
- Paints
- Apron
- Water & Paintbrushes
- Palette or pots for paint





Create a Hug

Method:

Take your chosen tight and cut to make two separate legs.

Choose your type of stuffing material and fill each leg with it.

Secure carefully to prevent leaks.

The filled tight should be easily manipulated to wrap gently around a wrist, arm or neck.

Ingredients



- A pair of coloured tights (new ones would be best - the thicker the better)!
- Something crunchy to act as a filling - foam
- Survival blanket
- Bubble wrap
- Packaging noodles
- Cotton Wool
- Old socks
- Fabric

! Warning:

Never leave someone alone with this wrapped around their neck.

Chelsea Flower Show

Tribute



Method:

Cut your potato in half.

Using your sharp knife, carve out the desired design into the potato.

Brush paint onto the cut surface of the potato.

Build up your design of flowers onto paper.

The idea is to create a large variety of blooms just like Chelsea Flower Show.

You can add leaf prints to make it more natural.

Cut another potato with a different design and repeat.

Share your masterpiece with others.



Ingredients

- Potatoes
- Sharp, small knife
- Chopping board
- Paintbrushes
- Paints
- Pots for paint or a palette
- Water
- Apron

