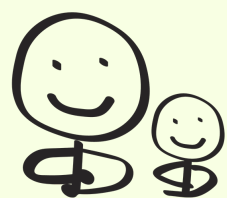




FINGER PAINTING

Who can do it?



Everyone

When can you do it?



- Art is a very good way to involve yourself and your children. It helps you use the time purposefully.
- When you are emotional.

How to do it?



- Set up paints and a bowl of water.
- Dip the tips of your fingers into the bowl of water. Make them slightly wet, but not dripping wet. This will help thin the paint out a bit and make it easier to apply on paper.
- Dip your fingers into the colours. Start painting on a sheet of paper with your fingers; use an unused cloth to clean your hands.

How will it help and expected outcomes?



- It will help you express your feelings; once you get your emotions on paper, you are likely to feel relieved and rejuvenated.
- It is an excellent stress-reliever.
- It improves concentration.
- It is a highly beneficial pastime for kids and adults and can be a great way of creating a bond between family/friends.

Resources required?

Water and bowl, watercolours, paper, unused cloth

