



Infant and Toddler Activity Sheets

Mess Free Paint

Area of School Readiness

Perceptual, Motor, and Physical Development: According to the [Head Start Early Childhood Learning & Knowledge Center](#), perceptual, motor, and physical development includes motor development and health, safety and nutrition. This includes gross motor or large motor skills (like jumping, running, climbing) as well as fine motor or small muscle skills (like holding a fork or buttoning a coat). Health, safety, and nutrition includes skills for self-care (like brushing teeth), knowledge promoting healthy eating habits, and personal safety routines.

Cognition: According to the [Head Start Early Childhood Learning & Knowledge Center](#) cognition is your child's ability to reason, use their memory, engage in problem solving and thinking skills that help children learn about and understand the world around them.

Purpose of the Activity

Gross Motor and Fine Motor Skills: Your child will practice using the muscles in their arms and hands as they explore and paint.

Exploration and Discovery: Your child will explore as they play and paint.

Instructions

1. Place a piece of paper in the plastic storage bag.
2. Place a few drops of paint inside the bag.
3. Seal the storage bag and make sure it's closed tightly making sure to release as much air as possible from the bag.
4. Place the plastic storage bag flat on the surface you are using (high chair, counter, table, floor) and tape it down so the bag does not move.
5. Encourage your child to move their hands across the plastic bag (you can help if they are too little to do it themselves) to make designs with the paint.
6. Remove the tape. Remove the paper from the plastic storage bag and allow the painting to dry.

Materials

- Gallon size plastic storage bag (freezer bags work best)
- Sheet of paper, cardstock, cardboard, etc.
- Paint (non-toxic, washable paint)
- Tape (Packing tape preferred)