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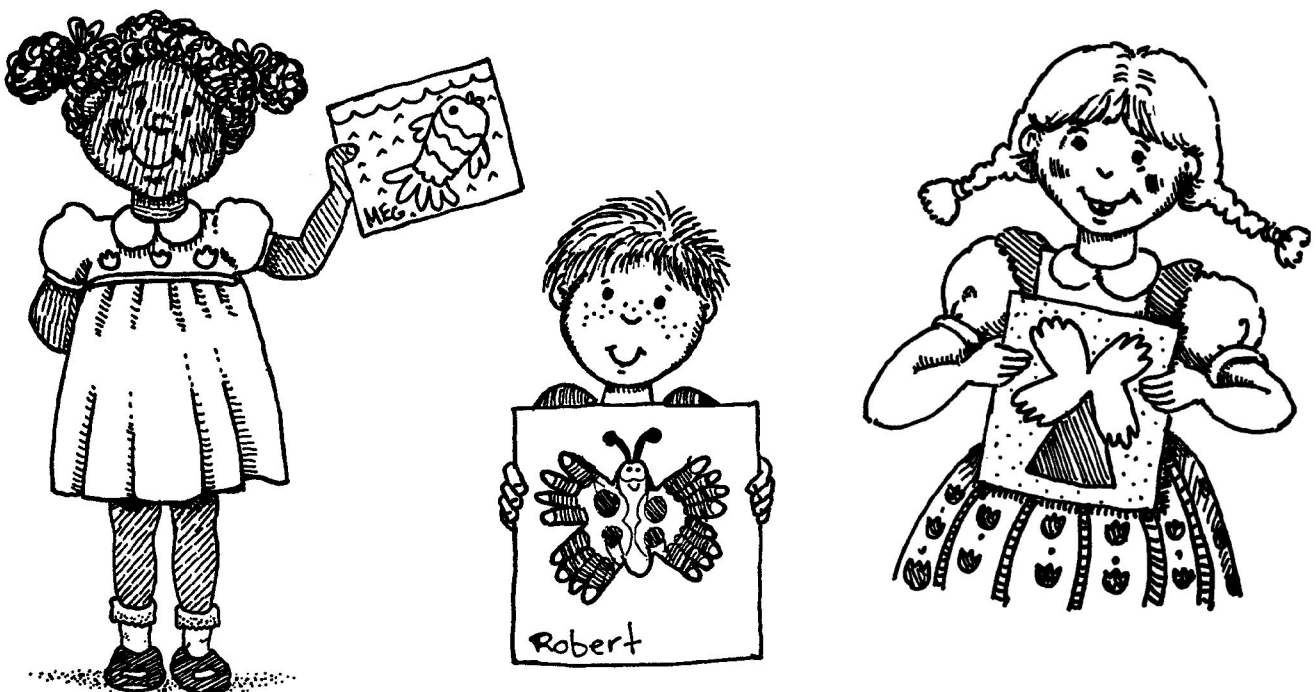
# Introduction

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All of the projects in this book are for hands and feet only! These exciting multi-sensory activities will stimulate sensory awareness and foster individual creative abilities. Even the least artistically oriented child will enjoy the thrill of feeling and experimenting with wet, squishy paint. Children will explore the world of colour, design and texture as they develop a sense of self by creating unique paintings that only they can create.

This book contains projects for every season, many special days, animals and fun 'creepy-crawlies' as well as ideas for expanding many of the projects. All of the activities require little more than tempera paint, paintbrushes and construction paper. Step-by-step instructions and finished product illustrations help simplify preparation and presentation time. The 'helpful hints' on the following page will alert you to the simplest procedures and techniques. Included are tips for sensible set-up, no-mess precautions and quick and easy clean-up.

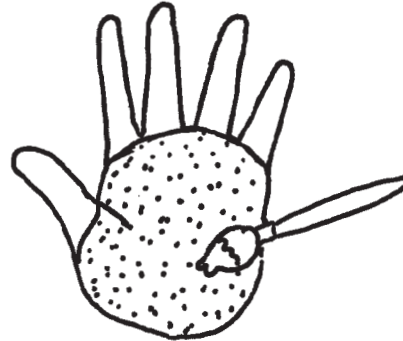
These hands and feet painting creations make impressive classroom or hall displays as well as treasured gifts to send home. Best of all, you'll discover that painting can be a wonderful way to nurture a child's creative ability and self-esteem!



# AN APPLE FOR THE TEACHER

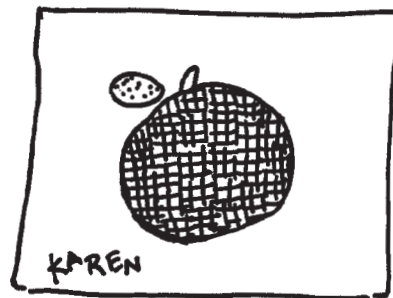
## MATERIALS:

- red and green tempera paint
- A4 paper
- 12–25 mm flat paintbrushes (one for each colour)
- small, flat container
- newspaper



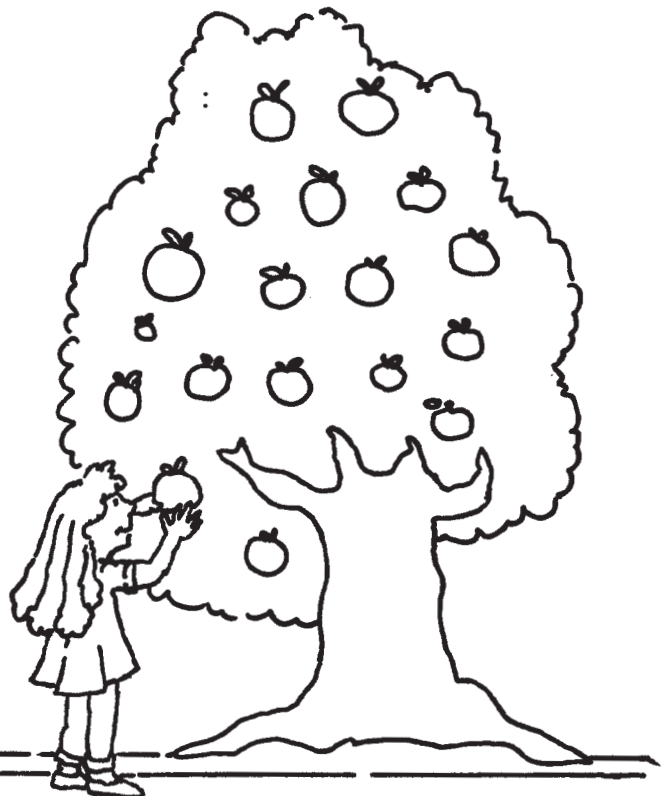
## DIRECTIONS:

1. Spread newspaper over the work area.
2. Paint palm with red paint.
3. Press palm in the centre of the paper to make a print.
4. Pour a small amount of green paint into a flat container.
5. Dip pad of thumb in green paint and press above the apple print to make a leaf and stem.



## USE:

The apple prints may be used to encourage attendance, good work habits or some other behaviour. Cut out the apples, write the students' names on them and display them on a large construction paper tree attached to the wall. As long as a child maintains the behaviour, his or her apple remains on the tree.



# AUTUMN FOLIAGE

## MATERIALS:

- tempera paint (brown, gold, orange, yellow, red etc.)
- A4 paper, construction paper or newsprint
- 12–25 mm flat paintbrushes (one for each colour)
- aluminium or styrofoam trays, or egg cartons
- newspaper

## USE:

Let the children create their own autumn landscape on a wall in the classroom. Attach a green construction paper hillside to the wall. Have the children cut out their trees and tape them to the hillside.

## DIRECTIONS:

1. Spread newspaper over the work area.
2. Pour small amounts of assorted autumn colours of paint into paint trays.
3. Paint palm and inside of fingers of one hand, excluding thumb, with brown paint.
4. Press hand on the paper so that the palm forms a trunk and the fingers form branches.
5. Dip pad of thumb in paint, one colour at a time, and 'stamp' leaves on the branches.

