

## Squirt Bottle Painting

**Outcome:** Your child develops the small muscles in their hands and fingers and gains hand dexterity (control) as they use different pressures to squirt a bottle of paint onto paper to create their own work of art.

**Materials Needed:** Two different colours of paint or food colouring watered down, paper, squirt bottle, and a cardboard box or container.

**Optional Extension Materials:** Markers.

### How to play:

- Put a piece of paper inside a cardboard box. (Any container will do if you do not have a box—you can even use a garbage bag.)
- Water down some paint and have your child help you pour it into a squirt bottle. You can also use food colouring mixed with water.
- Give your child the squirt bottle and have them squirt the paint onto the paper to create their design.
- Help them make observations:
  - What happens when they apply soft or hard pressure to the bottle?
  - Does this make it look different?
  - What about when they are close or far away?
  - How does this create different patterns?



Tripod Grasp

**Extension:** Allow your child to use markers to add further detail to their creations. By doing this, they are developing their tripod grasp.