

Paint free mark making

All you need is...



Either make marks in the chalk yourself for your child to spray, paint over or squirt. Or let them make their own marks to do it themselves. Walls and the ground are ideal.

The big arm movements required for this activity are great for strengthening younger children's shoulder muscles and improving their hand eye coordination, both pre-requisites for writing.

Also squeezing bottles and using a spray strengthen the finger muscles essential for holding a mark making tool.

Use can also use natural objects as tools to make marks in sand or mud. Splay/squash and soften the ends of sticks to paint with water.

Watch the waves wash away your art, or the sun dry up your water painting or the rain dissolve your mud etching.

