

### Paint free painting/drawing

All you need is...



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.

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.

Enjoy getting messy and send us some pics of your creations - *Sarah*