



Family Activities

June Week 4: Fun Outdoor Painting

Equipment

Washable paint and some liquid soap
 Heavy paper or poster board An old pair of
 pantyhose or tights
 Rice or beans
 A cookie sheet



Set Up Cut the legs off the hose. Put about 1 cup of rice in the foot of each leg and tie a knot at the top. Squirt paint onto cookie sheet and add a squirt of soap for easier clean up. Put paper on the ground.

Let's Play! Children explore ways to use the rice-filled hose to get the paint onto the paper.

Change Up Add a challenge by adding a step stool, upturned 5 gallon bucket, or stump for children to stand on.



Family Activities

June Week 4: More Fun Outdoor Painting

Equipment

Washable paint and some liquid soap
 Bath scrubbing poufs or thick car washing
 sponges cut in half
 Heavy paper/poster board
 A cookie sheet
 Painters tape
 A vertical surface



Set Up Squirt paint onto cookie sheet and add a squirt of soap for easier clean up. Tape the paper to the vertical surface and put the cookie sheet about 6 feet away from the paper.

Let's Play! Squish the pouf or sponge into the paint and throw it overhand at the poster board. Retrieve it, and throw again. Practice good throwing form, stepping forward with the opposite foot as the throwing hand.

Change Up Move the cookie sheet back farther.