



Summer Activities by Blossom



Blossom's Edible Finger Paints

Painting can be a lot of fun, although when your little ones are forever using their mouths to explore it can be a bit worrying as to how many chemicals they are consuming! At Blossom, we found a couple of non-toxic paint alternatives we would love to share with you!

Cornflour based finger paints

P.S As the recipe uses boiling water we advise practitioners or parents to prepare this before the children are present!

First, you will need to gather your equipment

- 2 cups of corn flour
- 1 cup of cold water
- 4 cups boiling water
- Liquid food colouring

How to make cornflour paint

1. Mix the corn flour with the cold water and stir together!
2. Pour in the boiling water and stir between each cup. (As you stir, It should turn into a custard like consistency!)

3. Separate the paint into pots or jars and this is when you should add your chosen colours!

Tip!: if the paint does not set, simply pop it into the microwave for ten seconds at a time and stirring in between!

Too simplify the activity?

Present the paint onto your child's paper rather than within a pot! – this allows your child's movements to be less controlled and adds a sensory aspect as they use their hands and fingers to explore.

Tips for a child worried to get messy:

1. Add a paint brush – this way your child is not touching the gloop!
2. Get messy yourself! Children react best when they have someone to look up to!

Want to extend the activity? Or perhaps you are in ratio or a sole carer? No problem! Our flour based recipe can be done with the children!

Flour finger paints

First, gather your equipment

Flour
Water
Food colouring of your choice

How to make flour paint

1. Simply combine the flour and water
2. Mix until you are happy with the consistency!

As an extension provide the children with their own ingredients and equipment (Flour, water, bowls and spoons)





Development Factors for Parents

Incorporating counting

Task following

Sparking conversations and thought

Discovering nature

Exploring the outdoors

Early Years Framework Links for Practitioners

Across all age groups:

Physical Development

Communication and Language

Personal Social and Emotional development

Understanding the World

Expressive arts and design

Let us know how you get on, we would love to hear your feedback!

