

Making and using your own paint!

During this time, it's not easy to just pop to the shop and get some paint or craft materials. Natural Thinkers is continuing to think about ideas that you can do at home with resources you may already have – see below some steps to make and use your own paint.

What you'll need:

- Hot water
- Kitchen towel
- Mixing bowl
- A potato masher or a pestle and mortar
- Ingredients to make colours, including leafy greens, spices and berries

Warning:

- **Adult supervision is needed whilst creating the colours with children, as the water must be hot to extract the colour**
- **The natural pigments may stain some surfaces. Lay newspaper down first to protect surfaces**

Making your paint

Step 1 - Choose your colour ingredient (below are ones we tried but you can have fun experimenting with whatever you have at home)

- Purple: blueberries (fresh or frozen)
- Light brown: instant coffee
- Vibrant yellow: turmeric powder
- Light green: spinach (fresh or frozen)



Other ingredients you could try: raspberries, beetroot, cocoa powder or paprika.

Step 2 - Prepare your colour

For powdered colours like spices and coffee, just mix with a small amount of water. The less water added, the more vibrant the colour.

For plants and leafy greens add a small amount of water and squeeze out the greens with your hand. You can also use a pestle and mortar or a potato masher to crush the leaves. Then use a sheet of kitchen roll to filter out bits of leaf and stem.



Step 3 - Have containers with lids for each colour, so that you can use your paints again, old jars or plastic containers work well.



As the paint is natural it is safe for young children to use

- If you don't have a paint brush you can cut a washing up sponge into squares. Younger children will like to finger paint.
- Let the children freely paint and mix the colours!

What are my children learning from this?

Personal, social and emotional development: Gaining confidence in trying new things.

Communication and language: Learning new words, talking about what they are doing and seeing.

Physical development: Holding and using cut up sponges to make random marks

Expressive arts and design: Experimenting with colours and marks