

Enjoy using your hands to create a cling film sun painting. Using a large circular piece of paper or card and splat paint all over. Then cover with cling film. Use your hands to splat, make shapes and mix the paint. It's a lovely sensory and visual activity.



To adapt this, you could put paint/glitter or even jelly in a zip lock bag and squish and squeeze the bag. You can mark make and improve your fine motor skills by prodding the bag.

