



Bright Start[™]
FOUNDATION
for Maternal and Child Health

WORKING CREATIVELY WITH CHILDREN AT HOME: PLAYDOUGH...PRINTMAKING...PANDEMIC!

Bright Start Family Academy Initiative
Early Arts Project



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

This activity sheet will provide parents with two practical playful art experiences that they can easily do at home with their children using polystyrene fruit trays and playdough.

Pablo Picasso once said...**"Every child is an artist, the problem is staying an artist when you grow up."**
This second video and worksheet will help parents during this pandemic time to help their children to be creative and free like Picasso!

We hope parents will work closely with their child using commonly found objects... such as vegetable trays, simple foam rollers and even playdough (made entirely with the help of your child) at home.

Professor Ian Brown, UOW.

How we can be creative in the home using easily found objects...

Activity One Printing Using Foam Food Trays



What you will need:

- Plastic food trays that hold vegetables (don't use used meat trays as they may be unhealthy for your child and contaminated with germs). You can also buy a specific product called Scratchfoam.
- You can also use Mountboard (filled with foam)
- Acrylic or tempera paints
- Pointed instruments (not too sharp) like skewers or chop sticks or pencils
- Dishwashing sponges
- Plastic plates
- Paper (art, lithographic)
- Simple foam rollers
- Coloured markers for decoration

What skills will it develop:

- This activity will develop fine motor skills and will help children understand a process to develop a product. The activity needs to follow a basic process to achieve results. Children can follow directions and then explore and experiment.

Method:

1. Cut dish washing sponges to fit inside plastic containers which will become the printing pads or use foam rollers. Slightly wet the sponges and pour out different coloured paints onto each sponge.
2. Wash the fruit tray and turn it over to use the flat side. Using pointed instruments push into the tray to form patterns without pushing the sharp instrument through the tray.
3. Roll the foam roller in the paint and evenly roll over the foam tray. You can use one colour or many.
4. Place the paper over the tray and using your hand rub firmly over the tray..
5. Gently lift your paper off and you will have a (reversed print). Remember the print is reversed so if you write a word it will print back to front!
6. When the print is dry decorate with bright markers or just enjoy the print as it is. The foam tray can be an artwork itself.

Communicate with your child:

It is important to discuss, question and talk to your child before, during and after the creative experience. Talk to your child about the process and the steps you need to undertake. Talk about how the print reverses the design. Talk about concepts such as pattern, decoration. Why is a print different to a painting?

How we can be creative in the home using easily found objects...

Activity Two Making and building with Playdough

What you will need:

Playdough Recipe:

- 1 cup of Plain Flour
- 1 cup of water
- ½ cup of cooking salt
- 1 Tablespoon of Cream of Tartar
- 1 tablespoon of cooking oil
- Food colouring
- Rolling pins, cookie cutter shapes, cutting boards



What skills will it develop:

- This activity will allow children to measure, count, understand about food and use lots of reasoning and problem solving skills. Play dough is excellent for developing fine motor skills.
- You could discuss colour mixing when adding the food colouring.

Method:

1. Together with your child measure the ingredients into a saucepan. Your child should be able to fill the cup measures for the flour, water and salt.
2. Place the flour, cream of tartar and salt first into a saucepan. Then add water.
3. The adult mixes all the ingredients over a medium heat on the stove until thickened.
4. Allow the mixture to cool.
5. Your child can then measure and add the oil and food colouring and knead well over a floured board,
6. Before adding the colour break into smaller balls and add different colours to each ball giving you a rainbow of playdough balls.
7. When building or playing with dough use a board or plastic cover

Communicate with your child:

It is important to discuss, question and talk to your child before, during and after the creative experience.

Some communication starters could be:

- How much flour are we putting into this measuring cup?
- Why is it important that only Mum or Dad stir the play dough while on the stove?
- What colours can we add together to make....
- What shapes can we cut with cookie cutters?
- What things could I build with my playdough? (snakes, cups, a castle...)

Some resources you might like to have a look at...

Printing foam trays

LINK to the videos below to support you on **printing and playdough**:

<https://happyhooligans.ca/styrofoam-printmaking/>

<https://www.youtube.com/watch?v=NEbxDF92YwU>

<https://www.youtube.com/watch?v=p2zDIG8kmIM>

Interesting blogs/articles for parents about printing with young children.

Styrofoam Printing

<https://www.artbarblog.com/styrofoam-printing-kids/>

<https://artfulparent.com/styrofoam-printing-more-christmas-cards/>

<https://artfulparent.com/styrofoam-printmaking-with-kids/>

Playdough Recipes and Construction

<https://www.kidspot.com.au/kitchen/recipes/play-dough-recipe/ec1s7gb3?r=collection/playdoughrecipes&c=7sxb7yix/Play%20dough%20recipes>

<https://empoweredparents.co/7-benefits-of-playdough-in-early-childhood/>

Fun Quarantine activities for toddlers

<https://www.youtube.com/watch?v=NfWMSOm1MzE>

<https://www.artbarblog.com/art-and-play-activity-guide-for-kids-in-quarantine-week-2/>

<https://www.bubhub.com.au/hubhub-blog/how-to-make-better-bubbles/>

There are some interesting resources available for tips for families for

coping with Coronavirus with young children...

You might find this one helpful.

Tips for Families: Coronavirus

The following resources offer tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.



<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>