

TASTE SAFE PAINT RECIPE

Safe to use with all ages and abilities!



ACTIVITY: Expressive Arts - Art material creation; finger painting, brush painting

AGE: Paint-making – ages 6 and up (supervised); Painting – all ages

MODALITY: Art making

STAGE OF TREATMENT: Beginning / middle / end

THERAPEUTIC POWERS OF PLAY: Self-Esteem, Self Expression, Positive Emotions

GOALS: 1) Explore Self-capacities
2) Identify Personal Strengths

MATERIALS/INGREDIENTS:

- 1 cup plain flour
- 2 tablespoons table salt
- 1 ½ cups cold water
- 1 ½ cups hot water
- Food colouring

INSTRUCTIONS:

1. Add the flour and salt to the saucepan.
2. Add the cold water and stir until lumps dissolve
3. Add the hot water
4. Bring the mixture to a boil on the stove
5. Once the mixture begins to thicken, remove it from heat
6. Whisk again to ensure all lumps are gone
7. Divide into separate sealable containers
8. Add/mix food colouring – encourage children to make their own colours!
9. Paint will keep for a few weeks if stored properly

Lorri A Yassenik, PhD, RSW, RPT-S, CPT-S
RMPTI Director