



Sensory Fun!

Activity:

Painting with Ice

Benefits:

Sensory activities can be great for all youth, but they're particularly beneficial for children with a disability. While every child has their own likes and dislikes, most find it both fun and therapeutic – and in the process, can help their development in a whole range of ways.

www.aruma.com

Ice painting is a great outdoor activity for kids to engage in. It allows exploration of temperature, texture and art.

Materials:

- Food Coloring or Kool-Aid powder
- Ice tray or small plastic containers (example, washed yogurt containers)
- Popsicle sticks or toothpicks
- Paper
- Water

Prep:

- Fill ice cube tray or small containers with water
- Add desired drops of food coloring
- Place in freezer for a bit
- Insert a popsicle stick or toothpick before fully frozen
- Return to the freezer to harden completely

Directions:

1. Paint using the colored cubes

**The Arc of Palm Beach County
Community Inclusion Program**



Visuals for Kinetic Sand



Fill ice cube tray with water



Add desired amount of food coloring



Place in freezer



Insert a popsicle stick before fully frozen



Return to freezer



Paint using the colored cubes