

# Bubble Wrap Art

Arts | Painting



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## WHAT MAKES IT MEANINGFUL

Bubble wrap art is meaningful because it combines creativity with sensory play, making it a fun and engaging activity for individuals of all ages and abilities. The tactile sensation of painting on and pressing bubble wrap, along with the surprise of revealing unique patterns, provides both a calming and satisfying experience. It encourages exploration, experimentation with colors and textures, and allows for free-form expression without any pressure for perfection. The joy of creating something visually interesting from simple materials makes it both rewarding and accessible to everyone.

## TIME

20+ Minutes

## MATERIALS

- Bubble wrap (any size works) (\$5+)
- Thick paper or canvas (\$5+)
- Acrylic paints (\$6+)
- Paintbrushes (variety of sizes) (\$3+)
- Water cup (for cleaning brushes)
- Paper towels (for drying brushes)
- Palette or paper plate (for mixing paint) (\$2+)
- Scissors (optional, if you want to cut the bubble wrap into shapes)
- An old shirt or apron (just in case it gets messy!)



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## INSTRUCTIONS

1. Cover your table with newspaper or an old sheet to protect it from paint. This will help make cleanup easier when you're done.
2. Pick out your favorite paint colors and squeeze them onto a palette or paper plate. You can use bright colors for bold prints or mix them to create fun shades.
3. Grab a piece of bubble wrap. You can use a big sheet or cut it into smaller pieces with scissors. You can even cut the bubble wrap into fun shapes like circles, hearts, or stars!
4. Use a paintbrush or sponge to apply a thin layer of paint onto the bumpy side of the bubble wrap. Don't put too much paint—just enough to cover the bubbles. You can paint the whole piece or just parts of it.
5. Gently press the painted side of the bubble wrap onto your paper or canvas. Use your hands to press down evenly over the entire piece so the paint transfers well.
6. Slowly lift the bubble wrap to reveal your print! You'll see cool dotted patterns made by the bubbles. If you want, you can use different colors on different parts of the bubble wrap for a colorful effect.
7. Keep adding more prints to your paper by repeating the process with different colors or shapes of bubble wrap. You can overlap prints to create unique patterns and designs.
8. Once you've filled your paper or canvas with bubble wrap prints, let it dry for about 15-20 minutes.
9. After it's dry, your bubble wrap art is ready to hang up or show off! You can even cut the paper into shapes to make cards, bookmarks, or other creative items.

## RESOURCES

- Bubble wrap art ideas: [110 Best Bubble Wrap Activities ideas | crafts for kids, preschool art, preschool crafts](#)
- Art and cognitive development: [How is art linked to cognitive development?](#)
- Giving encouragement and praise: [Praise, encouragement and rewards](#)

\*All prices are quoted from listings on *Amazon.ca*

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## SUPPORTS NEEDED

This activity requires some fine and gross motor skills, assist when necessary. Some individuals may also need a bit of encouragement for play! Be sure to prioritize creativity and independence in this activity.

## OTHER THINGS TO NOTE

Experiment with different colors to create cool effects, like blending two colors on the bubble wrap before stamping. You can also use the same bubble wrap several times by adding more paint each time. For extra fun, try using metallic or glow-in-the-dark paints for unique prints! This activity is perfect for experimenting with patterns and textures, while also being easy and fun for all ages and abilities. Plus, popping the bubble wrap after painting is an added bonus!