

Splatter Painting

Arts | Painting



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WHAT MAKES IT MEANINGFUL

Splatter painting is meaningful because it allows individuals to let go and express themselves freely without the pressure of making something "perfect." The spontaneous nature of flicking paint can be both fun and therapeutic, helping to release stress and encourage creativity. It's accessible to all skill levels, as there are no rules or limitations, just pure enjoyment of the process. Splatter painting fosters a sense of freedom, joy, and exploration, allowing individuals to create something unique and personal while embracing the unpredictable beauty of the art.

TIME

20+ Minutes

MATERIALS

- 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+)
- An old shirt or apron (splatter painting can get messy!)
- A covered surface or newspaper (to protect your workspace)



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INSTRUCTIONS

1. Cover your table or floor with newspaper or an old sheet. Splatter painting can be wild, so you want to protect your area from flying paint!
2. Choose a few paint colors that you love. You can mix them on a palette or paper plate to make new shades. Pour a little bit of each color into small cups.
3. Add a little water to each paint color to make it thinner. Stir it up until the paint is runny but not too watery. This helps the paint splatter more easily.
4. Dip your paintbrush or toothbrush into one of your paint colors. Don't be shy—load it up with paint!
5. Now, hold the brush over your paper or canvas and gently flick the bristles with your finger. Watch the paint fly! Try different motions: flicking quickly for small splatters or slowly for big drops.
6. Want to mix it up? Use different brushes or even a toothbrush. You can also dip a straw in the paint and blow gently to make splatter patterns. Experiment with different techniques to see what happens.
7. Once you've done one color, clean your brush with water and try another color. Keep layering splatters in different colors and directions to create cool patterns.
8. When you're happy with your splatter masterpiece, let it dry completely. It might take a little longer for the thicker splatters to dry.
9. Once dry, your splatter painting is ready to show off! You can hang it up or give it to someone as a colorful gift.

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RESOURCES

- Splatter painting references: [Splatter Paint Ideas](#)
- 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*

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

The harder you flick the brush, the more paint will splatter! If you don't want paint flying everywhere, try doing this activity outside or in a space that's easy to clean up. Use more water for bigger splatters and less for finer dots. This activity is fun, free-form, and perfect for letting loose and expressing creativity. It's especially accessible because there's no right or wrong way to splatter!