

Glow-in-the-Dark Paint Pouring Workshop



Painting | Crafts | Events

Connect**ABILITY**.ca

WHAT MAKES IT MEANINGFUL

This inclusive sensory-rich art activity encourages self-expression, boosts confidence, and provides a fun social setting. Working under black lights with glowing paints engages multiple senses and fosters creativity in a supportive environment

TIME

Approximately 1.5 hours for a canvas or bear alone

Up to 2 hours if combining both a canvas and a “fluid bear” sculpture

MATERIALS

- 11×14” stretched canvas and/or white fluid bear figurine
- Neon glow-in-the-dark acrylic paints, standard acrylics, pouring mediums, glitter
- Apron, gloves, and all necessary tools
- Black-light studio, plus snacks & refreshments

(All provided)



Glow-In-The-Dark Paint Pouring Workshop

INSTRUCTIONS

1. Book a spot at Artbox (1226 Kingston Rd, Toronto), telling them you're attending with participants requiring extra support
 - a. Website is linked below under resources
2. Arrive early to explore the gallery, grab a snack, and acclimate to the sensory-rich glowing environment
3. Intro session: Instructor (like Natasha) demonstrates basic pouring techniques—intentional pour, flip cup, blowing paint—along with simple color mixing tips
4. Hands-on creating: Participants choose canvas and/or bear, select paints, and experiment with pouring under guidance. Support by pairing with volunteers or friends to assist
5. Allow to dry: After pour, artworks are boxed for safe transport. Drying takes ~24 hours at home
6. Celebrate and connect: Showcase creations, discuss color choices, and savor the feeling of accomplishment. Option to revisit later for more creative experiences

RESOURCES

- <https://www.artboxstudiogallery.com/glow-in-the-dark-paint>
- <https://nowtoronto.com/event/a-glow-in-the-dark-paint-pouring-workshop-jun-28-2025/>

SUPPORTS NEEDED

1. Visual or Verbal Instructions
 - Step-by-step guidance may be needed in plain language, with visual examples of each pour technique.
 - Demonstrations may need to be repeated or broken down into smaller steps.
2. One-on-One Assistance
 - Some participants may benefit from a support person, caregiver, or volunteer to help with pouring, mixing, or choosing colors.
3. Sensory Regulation Support
 - The glowing lights, music, and busy setting may be overstimulating for some. Offering noise-canceling headphones, breaks, or a quiet corner can help.
4. Choice-Making Assistance
 - Simplified options (e.g., “Would you like blue or yellow?”) or visual choice boards can support decision-making.
5. Mobility/Physical Support
 - Some may need help reaching materials or tilting their canvas—table height adjustments or hand-over-hand assistance might be helpful.
6. Reassurance and Emotional Support
 - Encouragement, clear praise, and positive reinforcement can reduce anxiety and build confidence in a new environment.
7. Post-Activity Support
 - Help transporting wet artwork home and reminders for drying instructions may be needed.

Glow-In-The-Dark Paint Pouring Workshop

OTHER THINGS TO NOTE

- Emphasize the sensory appeal—bright glows, tactile pouring, rhythmic music—all encourage engagement for varied abilities.
- Maintain flexibility: participants can watch, assist, or create.
- Wear casual clothes that you don't mind getting paint on, and provide verbal or visual choices for paint colors to support decision-making.
- Ensure friendly, patient instruction; encourage peer support to foster social bonds.