

Raised Salt Painting

Painting| Crafts



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WHAT MAKES IT MEANINGFUL

This activity combines glue, salt, and watercolor paints to create vibrant, tactile artwork. It promotes fine motor skills, experimentation, sensory engagement, and pride in creative work. Plus, it can be tailored to any season or theme.

TIME

- Drawing & salting: ~10 minutes
- Painting & decorating: ~10 minutes
- Drying time: 1–2 hours (Larger works may need up to a day)

MATERIALS

- White glue (in a squeeze bottle)
- Table salt
- Thick paper: cardstock, watercolor paper, cardboard, or plates
- Liquid watercolors (or diluted food coloring/tempera)
- Paintbrushes
- Tray or shallow dish to catch salt overflow



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INSTRUCTIONS

1. Draw with glue

Squeeze glue on paper to create lines, shapes, words, or themed designs like snowflakes or spiderwebs.

2. Sprinkle salt

Evenly cover the glue lines with salt. Shake off any excess back into the tray.

3. Add watercolor

Dip the brush in watercolor, then gently touch salt lines. Watch the color travel and spread magically!

4. Let it dry

Allow the artwork to dry completely—this may take a few hours or overnight.

5. Display your art

Once dry, showcase the tactile artwork. Create seasonal or personalized pieces like names, shapes, or scenes.

RESOURCES

- <https://artfulparent.com/raised-salt-painting/>

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SUPPORTS NEEDED

- Visual guide with step-by-step pictures
- One-on-one help for applying glue and sprinkling salt
- Pre-drawn templates for tracing designs
- Simplified kits: pre-portioned salt/paint to avoid measuring
- Verbal cues: “Squeeze the glue here,” “Now shake the salt”
- Sensory alternatives: use softer salts if table salt feels rough
- Time reminders for drying stages
- Encouragement during each creative step
- Clean-up support: assist with excess salt and drying setup

OTHER THINGS TO NOTE

- This activity is best performed indoors on a flat table or tray to prevent spills and to make it easier to paint