

# Sensory Painting

## Painting | Crafts



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### WHAT MAKES IT MEANINGFUL

Sensory art encourages emotional expression and is a fun way to let loose and embrace imperfection! It is a low-pressure, easy and creative activity for anyone that will allow your mind to wonder and take a break.

### TIME

- 30-60 minutes

### MATERIALS

- Paper or canvas
- Acrylic paints
- Optional: sponges, paintbrushes, rollers, or any type of tool that will add texture to your painting
- Apron or old clothes

### INSTRUCTIONS

1. Set up your painting area with your supplies
2. Choose your colours and tools
3. You can start by painting with your fingers any way you like
4. You can eventually add different paint techniques such as implementing a sponge with paint on it



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5. There is no goal — just enjoy the process and make a beautiful mess!

## SUPPORTS NEEDED

- Provide support as needed based on individual's needs
- Some individuals may need help using various painting tools