

Musical Body Art

There is a powerful connection between music, movement and art and this activity is a fun way to boost brain development in a creative way! You can do this activity indoors or out!

What you need:

- Paint (different colours)
- Oversized paper
- Paint brushes (optional)
- Markers
- Music – varied types (classic, rock, instrumental)



What to do:

1. Give your child a big piece of paper
2. Place different colour paints and paint brushes (which are optional) in front of the children
3. Ask the children to paint what they are feeling and hearing when the music plays (i.e. when they hear a loud drum beat they can splatter the paint on the paper)
4. Encourage your child to use their fingers or feet to paint on the paper rather than a paint brush which takes the sensory experience a step further!

Extending the activity:

- Provide a very large piece of paper and trace the child's body
- Have them paint on the outline of their body on the paper as they are listening to the music

Source: <https://bit.ly/3HYjijk>

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