

# Splat Painting

Oh what a fun and messy activity this is! Kids splat paint with rice in a stocking.

I like this activity because it is a great gross motor activity, where kids use their arms and legs and have some messy fun. All you need are rice, stockings and paper and paint to do this activity.

Kids take the rice filled stocking, dip it into paint and make beautiful splat painting art with it.

## What you'll need

- Paint
- Paper
- Rice
- Stockings

## Steps

1. Cut off the legs of the stockings.
2. Fill each stocking leg with 1 cup of rice.
3. Knot the stockings to seal them.
4. Show your child how to use the stocking to paint, and then stand back!

### Kids will learn about:

Sensory  
Hand-eye Coordination  
Gross Motor Skills

### Categories:

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