# Quiet Time Activity For Kids: Frozen Paint Art Activity

This frozen paint art and sensory activity is so simple and it makes painting interesting again. Depending on the temperature of the weather it will be a different experience. In warmer weather it will be quicker to melt and in colder temperatures it will be slower to melt. But either way it will be fun to paint with frozen ice and can go together with a frozen theme.

## What you'll need

- Paint
- Popsicle Sticks
- Ice cube tray
- Water

### Steps

- 1. Gather all the supplies
- 2. Fill half of each ice cube tray with paint. Top it up with water. Stir the mixture. Add a popsicle stick and freeze the mixture. You can cover it with foil before adding the popsicle sticks if that makes it easier.

#### Kids will learn about:

Sensory Colour Recognition Creativity Fine Motor Skills

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