



homemade *taste*
safe finger paint
& *fine motor activity*



Homemade Finger Paint Recipe with Fine Motor Activity

How to make
homemade finger
paint.

You will need:

- 2 cups of flour
- 2 teaspoons of salt
- 4 1/2 cups of water
- a pot & whisk
- coloring of choice

(the ones I used are these [neon gel colors](#), but you can use regular food color too)

Step 1: Add the 4 and half cups of water to your pot as well as the salt. Set the stove plate to medium heat. Measure out your flour and slowly add it while mixing it in with a whisk to make sure there are no lumps.

Step 2: Once you start to feel that the mixture is thickening dial down the heat to low and continue to stir with the whisk until you get the right consistency for your homemade finger paint.

This kind of reminds me of a porridge.



Step 3: Scoop out a few spoons and add to containers so that you can color the homemade finger paint for use. I used a large muffin tray.

Add 2 drops of coloring and mix. Add more if you want deeper colors. Stir well.



Step 4: Next, setup the area for ***finger painting!***



I added a fine motor twist to this activity by adding foam stickers. I also taped each sheet of construction paper down for 2 reasons. Firstly to keep the paper in place when the little ones were painting and for when the art work dries as the drying tends to pull the paper up at the edges.

Peel those foam stickers and stick them to your paper!



Once the sticking was done we dove into the homemade finger paint!

I was rather excited about making a heart finger paint master piece. I always find painting and crafting with the kids so much fun! The pictures still came out beautifully though!





Once dry I carefully peeled off the foam stickers to reveal the master piece. I particularly like how the finger trails can still be seen in the homemade finger paint and that art dries in a 3D kind of way

