

**curious  
minds**

**Ages 1+**



## **Ice cube painting — summer sensory fun**

Beat the summer humidity with this cooling and colorful sensory, ice cube painting activity, developed by our very own SDN Children's Therapies team.

### **Learning benefit / Skills developed**

- Promotes development of functional grasp and opening up of web space on the hand
- Preparing and practicing pre-writing shapes and letter skills
- Builds up sensory experience and understanding of temperature and colours

### **What you'll need**

- Ice cube tray and water for ice cubes
- Food colouring (try a few different colours)
- Parchment/baking paper (find at a grocery or stationary store)
- Waterproof mat or table
- Bowls and/or tubs
- Chopped fruits or vegetables (optional)

### **Instructions**

1. The night before or at least a couple hours before, create your ice cubes by adding water and a few drops of food colouring to your ice cube tray. Mix food colouring to create some colours. Add to freezer and allow to set.
2. Take out ice cubes from tray and place into bowls or tubs to keep separate, then provide the ice cubes and parchment paper to your child on top of waterproof mat or table, or anywhere you don't mind getting messy and can easily clean.
3. Encourage your child to draw different shapes and patterns on the paper, using the ice as it melts and moves!

### **Tips**

- If you have some left over fruit or veggies, chop them up and add in to the ice cubes for some cheeky exposure to different foods!