

**Sensory Art with Denice Stirling**

**Sensory Art Outdoors**

**Watch Denice’s 3 short workshops making ’Sensory Art Outdoors’ on our YouTube channel**  <https://www.youtube.com/channel/UC0g69ZbOIcRNApkuLVHn7zQ?view_as=subscriber>

Playing outdoors is a great way to stimulate children’s senses and it’s good for health and wellbeing too. In nature we can experience smells of flowers, cut grass, we can touch & explore surfaces of bark, earth, leaves and pebbles. We can listen to the sound of the rain, wind, birds singing, a lawn mower or washing flapping on a clothesline. We can experience the different seasons through our senses, building a snowman in Winter, eating an ice cream on a sunny day, running through crunchy autumn leaves and picking daffodils in the Spring.

The garden provides endless opportunities to explore sensory art. There are so many natural materials we can use that are easily available and free. Outside art is ideal for messy play and when it’s over, so much easier to clear up.

Dirt Painting with Natural ‘Brushes’ (Video 5)

Make coloured mud paint with:

* Dirt from the garden
* Washing up liquid
* Squirt of water
* Redimix paint

Method

Mix up a couple of tablespoons of soil with a squirt each of paint, washing up liquid and paint in a tub

Make Natural ‘Brushes’

* Large twigs (to be used for brush handles)
* Grasses, leaves, feathers, straw, small branches from shrubs
* String
* Paper

Method:

Bunch natural materials such as grass into a bundle, place at the top of the stick and wrap string around and tie a tight knot. Make a few brushes using different things you’ve found outside

Explore the different brushes you have made. Feel the textures. Run them along the skin on your arms, legs, feet, cheeks.

Use the brushes to make marks on paper, directly onto table or paving stones (the washing-up liquid should stop it from staining) Use fingers and feel the gritty paint you have made.

Collage with Leaves & Flowers (Video 6)

You will need:

* Glue and spreaders
* Strong paper or cereal box card
* Leaves, flowers, twigs etc from garden or park

Method:

Press down twigs close together to make a tree trunk or cut one out from coloured paper or paint a trunk if you want. Use materials collected to fill the tree with beautiful colour. You could give your tree a spray of perfume to make it smell lovely too.

Ground Art – Construct & Paint (Video 7)

Giant Stensil

Cut out a shape from a **large piece of paper** (you could use newspaper if you want) to make a **stencil**. Lay it on paving slabs or short grass. Sieve **flour** over stencil, remove to leave a shape, repeat.

Liquid Pavement Chalk

Mix up Goop with **cornflour, water and paint** to colour. Pour it into **plastic bottles with nozzle.** Draw lines and shapes on the pavement or concrete slabs. The rain will do the cleaning for you.

Some Extra Ideas . .

* Ice Stick Painting

Fill an ice cube tray with water. Add a drop of paint in different colours into each cube. ‘Brusho’ water colour paint, food colour or redimix paint will all work. Mix together carefully with end of spoon (something small) Lean a lolly stick in each of the cubes. Freeze.

Use the frozen paint sticks to draw lines and shapes onto white paper.

* Draw with water on paving slabs using a brush or a bottle with a nozzle
* Paint boulders, stones, sticks
* Draw with water soluble crayons and watercolour paint onto white paper. Use small spray bottles or water pistols and spray with water or leave out in the rain.

ENJOY!!!!!!!