## LET'S GET MOVING - ACTIVITY GUIDE 47



#### Materials you need:

- Large sheets of paper or cardboard taped (or weighted down) to ground outside
- A few thick pieces of cord or rope around 1 metre long with a loop tied at ends to form handles.
- Thick acrylic craft paint (choose the number of colours you want to use)
- Large sheet of paper or cardboard
- Tubs or buckets for the paint

# Setup for play:

- Pour the paint into buckets or tubs and place around the paper.
- Show the children how to put their hand through the loop on the rope then dip into a paint colour.
- Swing the rope onto the paper and twist and turn to make wiggly patterns
- If you are using the cheaper nylon ropes, you may need to add a little PVA glue to the paint to help it stick to the rope strands.
- Change colours to make different patterns and prints on the paper or card.
- Ask the children to help you wash the ropes out in some warm soapy water when painting is finished.

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#### What are they learning with this activity?

As the children twist, turn, bend and swing the rope to create their painting they are learning to:

- Cross their midline and move in different directions
- Use descriptive language and become independent communicators
- Persist even when they find a task difficult
- Work together in a group with others
- Listen to and follow directions
- Strengthen fine motor muscles, visual motor integration and control
- Manipulate equipment and real-life tools with increasing competence
- Challenge their sense of touch and sensory processing
- Express themselves creatively
- Manipulate objects to explore motion, cause and effect
- Work together in a group with others
- Coordinate, strengthen and balance their large muscles as they bend, stretch, turn and swing the rope.
- Create with different mediums and textures
- Use the eye-hand coordination and dexterity skills needed to manipulate objects

## Extending the play:

- Paint on half the paper then fold over to make a large-scale string painting
- Try using thinner cords but still the same length clip pegs to the ends to use as handles. Do they make different prints? Are they easier or harder to paint with? What muscles do you need to use?
- Fling some cooked spaghetti strands coloured with a little edicol dye or food colouring at a piece of paper taped to a vertical surface to make patterns and prints.