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Child/Family Services
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Resource & Referral Handout

FINGERPAINT

Main Objective: Small muscle development. Freedom to express ideas and feelings.

Set Up: Spoon desired amount of fingerpaint onto paper. Add a few drops of food coloring or some powdered tempera paint for some color. Let children put their hands and fingers in the paint and squish it around. It's messy but it's lots of fun.

Materials Needed: Fingerpaint (use a recipe below), paper and food coloring or dry tempera paint.

FINGERPAINT RECIPE #1

Mix 1 cup laundry starch with 1 cup cold water.
Add 4 cups boiling water and cook until clear, stirring constantly (the mixture will not be as thick as the finished product).
Add 1 cup of soap flakes. Beat with an eggbeater until smooth.
Store in plastic container in the refrigerator.
When ready to use, put a tablespoon of mixture on paper, add a few drops of food coloring or some powdered tempera paint and begin your project.

FINGERPAINT RECIPE # 2

Here are some recipes for homemade non-toxic fingerpaint using natural dyes.

Ingredients:

- 1 cup cornstarch
- 1/2 cup cold water
- 1/3 cup finely grated soap bar
- 1/2 cup boiling water
- juice dyes: (see recipe below for juice dyes)

Place cornstarch in a bowl and stir in the cold water. Grate shavings form a bar of pure soap. A regular kitchen grater works good. Place in a separate heat-resistant bowl. Pour boiling water into the bowl with the soap shavings, stir until the soap has melted, and then pour the contents into the cornstarch mixture. Stir the blend. Let the mixture rest until it has become a thick, finger-paint texture. Divide into separate bowls and stir in juice dyes for color. Makes over 1 cup. Takes about 20 minutes. And the shelf life is about 2 weeks refrigerated. Store in glass jars with screw tops. Refrigerate.

Juice Dyes:

Simple veggies and trees in backyards can provide a rainbow of colors.

For each color, get 1/4 cup of plant dyestuff and 4 cups of water.

- Blue: red cabbage, blueberries, red onion skins.
- Brown: walnut hulls, paprika.
- Green: oak bark, crab apple leaves, and bark.
- Orange: yellow onion skins, oats.
- Purple: purple grapes.
- Red: cranberries, beets.
- Tan: coffee and tea.
- Yellow: apple tree bark, white onion skins, tumeric.

Combine ingredients in a pan, and simmer over low heat for an hour or two. Strain and cool. Add a few tablespoons at a time until the desired shade has been reached. Freeze what you don't use for another time.

FINGERPAINT RECIPE # 3 (uncooked)

Ingredients:

- ½ cup liquid starch
- ½ cup soap powder
- 5/8 cup water

Beat together until the consistency of whipped potatoes.

FINGERPAINT # 4 (cooked)

Ingredients:

- 2 cups flour
- 4 cups cold water
- food coloring or dry tempera

Mix flour and water and cook over low heat until thick. Cool. Add a pinch of salt. Add dry tempera or food coloring, if desired. Store in covered jar in refrigerator.