

ART & SENSORY CHOICE BOARD

PICK A SQUARE, DO THE ACTIVITY, AND COLOR THE SQUARE!

Blowing Paint

Water down some paint in cups. Drip the paint on the paper and blow it with a straw.

Noodle Sensory Bin

Place dry noodles in a sensory bin. Add measuring cups, tongs, and bowls to the tub.

Cereal Necklace

Make a necklace with cereal then eat it as a snack.

Cutting Bin

Make a cutting bin. Place strips of paper and ribbon in the bin and let them cut it up into tiny pieces.

Cutting Collage

Make a collage with the tiny pieces from the cutting bin.

Play Dough Cookies

Make pretend cookies with play dough. Put out a rolling pin, cookie cutters, and scissors.

Finger-Paint

Place the paper on a tray or in a tub to contain the mess.

Make Oobleck

Mix together one-part water and two-parts corn starch.

Block Zoo

Build a zoo with blocks for your animals.

Car or Doll Wash

Place water and soap in a plastic tub or bathtub. Add soap, sponges, and toothbrushes.

Homemade Watercolors

Place a marker in a cup of water. Paint with the watercolors.

Giant Self-Portrait

Get a big piece of paper or tape smaller papers together. Trace the child on the paper and color.



Bead or Straw Towers

Place spaghetti noodles or skewers in play dough. Place the beads or cut up straws on the noodles.

Foil Art

Paint or draw with sharpies on foil.

Frozen Paint

Put paint in a ice cube tray with a stick in each cube. Once it's frozen, get it out and paint with it on paper.

Sensory Bin

Make bean or cereal sensory bin. Place dry beans or cereal in a tub with vehicles or animals. Add bowls and tongs.

Monster Sculptures

Make monster sculptures with play dough. Add eyes, arms, and legs.

Sensory Bottle
Fill a plastic bottle half way with water and add a few drops of red food coloring. Fill to the top with vegetable oil. Tape the lid on.

Mask Paper Plate

Cut holes for the eyes and mouth. Decorate with paint, markers, stickers, or paper.

Sensory Bag

Put paint or hair gel in the bag with food coloring. Add glitter (optional). Zip it close. Tape it closed.

Paint with Kitchen Tools

Paint with forks, mashers, whisk, spatulas, or other fun tool you have.

Shaving Cream Art

Draw in shaving cream or whip cream. Place it in a plastic tub, tray, or do it in the bathtub.

Bracelets

String beads or cut up straws on pipe cleaners or string.

Block City

Build a city with blocks. Make houses, stores, and other places you like to visit.

POCKET OF PRESCHOOL