

# ART & SENSORY CHOICE BOARD

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

<p><b>Blowing Paint</b> Water down some paint in cups. Drip the paint on the paper and blow it with a straw.</p>	<p><b>Noodle Sensory Bin</b> Place dry noodles in a sensory bin. Add measuring cups, tongs, and bowls to the tub.</p>	<p><b>Cereal Necklace</b> Make a necklace with cereal then eat it as a snack.</p>	<p><b>Cutting Bin</b> Make a cutting bin. Place strips of paper and ribbon in the bin and let them cut it up into tiny pieces.</p>	<p><b>Cutting Collage</b> Make a collage with the tiny pieces from the cutting bin.</p>
<p><b>Play Dough Cookies.</b> Make pretend cookies with play dough. Put out a rolling pin, cookie cutters, and scissors.</p>	<p><b>Finger-Paint</b> Place the paper on a tray or in a tub to contain the mess.</p>	<p><b>Make Oobleck</b> Mix together one-part water and two-parts corn starch.</p>	<p><b>Block Zoo</b> Build a zoo with blocks for your animals.</p>	<p><b>Car or Doll Wash</b> Place water and soap in a plastic tub or bathtub. Add soap, sponges, and toothbrushes.</p>
<p><b>Homemade Watercolors.</b> Place a marker in a cup of water. Paint with the watercolors.</p>	<p><b>Giant Self-Portrait</b> Get a big piece of paper or tape smaller papers together. Trace the child on the paper and color.</p>		<p><b>Bead or Straw Towers</b> Place spaghetti noodles or skewers in play dough. Place the beads or cut up straws on the noodles.</p>	<p><b>Foil Art</b> Paint or draw with sharpies on foil.</p>
<p><b>Frozen Paint</b> 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.</p>	<p><b>Sensory Bin</b> Make bean or cereal sensory bin. Place dry beans or cereal in a tub with vehicles or animals. Add bowls and tongs.</p>	<p><b>Monster Sculptures</b> Make monster sculptures with play dough. Add eyes, arms, and legs.</p>	<p><b>Sensory Bottle</b> 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.</p>	<p><b>Mask Paper Plate</b> Cut holes for the eyes and mouth. Decorate with paint, markers, stickers, or paper.</p>
<p><b>Sensory Bag</b> Put paint or hair gel in the bag with food coloring. Add glitter (optional). Zip it close. Tape it closed.</p>	<p><b>Paint with Kitchen Tools</b> Paint with forks, mashers, whisk, spatulas, or other fun tool you have.</p>	<p><b>Shaving Cream Art</b> Draw in shaving cream or whip cream. Place it in a plastic tub, tray, or do it in the bathtub.</p>	<p><b>Bracelets</b> String beads or cut up straws on pipe cleaners or string.</p>	<p><b>Block City</b> Build a city with blocks. Make houses, stores, and other places you like to visit.</p>