Nature Inspired Painting
for Ages 2–5

Painting with natural items can inspire creativity and allow children to make new connections with familiar objects and build cognitive skills by thinking outside the box of the typical art activities.

ITEMS YOU WILL NEED:
Paper, paint, paper plate, and items from nature.

OPTIONAL EXTRAS:
A blanket that can get dirty and any other tools that could add to the fun.

1. Find interesting objects from nature to use in art making. Dandelions or other flowers are plentiful and fun objects to use for art.

2. Put some paint on the paper plate and set out the paper and nature objects. Encourage your child to use these to make art!

3. Art can sometimes be messy, so dedicating an old blanket or picnic table for art allows children the freedom to create.

4. One of the most important things to understand when working with young children and art is that the process is more important than the product. Allow space for your child to choose how they want to interact with the tools in front of them.

5. When children seem to be moving on from the activity, adding new tools can inspire new kinds of play. Smash those flowers in the paint or cut them up!

TO FURTHER EXTEND THIS ACTIVITY:
Check out this example of painting with mud to keep the creative fun going or listen to Fletcher and the Springtime Blossoms to hear a story about adventures in spring flowers.