

## Section 7 Yoga & Sensory Work Lesson Number:

• NAME OF LESSON •

## **Footprint Painting**

## MATERIALS REQUIRED

- Large roll of paper or plain paper taped together (tape the underneath side to join the sheets together)
- Trays of paint. If you don't have paint trays, you can always use paper plates.
- Kitchen roll and water to clean off messy feet!

## HOW TO

Footprint painting is another great sensory activity. If you would prefer not to have little painted footprints in the house, then It might be a cleaner option to do this activity outside. Just put some refuse bags down on the ground and roll the paper out over it. You could try to create a scene (e.g. paint some circles and then get the children to make footprint petals around them), or just let them go freeform. Again, be as creative as you like!

