

# Squeeze Painting

**Age: 0-3 years**

## What's needed

Tempera paint  
Laundry detergent  
Clean squeeze bottles  
Large sheets of paper



## What to do

1. Mix tempera, water and a little laundry detergent to make a creamy paint.
2. Place inside catsup-like squeeze bottles.
3. Let children squeeze the paint onto paper.

Variation: For variety, you can provide squeeze bottles with different colors of paint. You also might have children lay a second sheet over the top of their paper and press out a squiggly design.

## What children will learn

Creative expression, small muscle development