

# OT Sensory Art Projects

## Bubble Wrap Painting

Regardless of age or ability, bubble wrap is a fun, satisfying way to pass the time. Bubble wrap can also be a sensory adventure, and even more so if you add paint!

Materials Needed:

- A hard surface like a wheelchair tray or table
- Construction or water-color paper
- Paint (any type is fine)
- Piece of bubble wrap that can cover your paper
- Masking tape

### **INSTRUCTIONS:**

Step 1. Place a piece of paper down your hard surface.

Step 2. Splatter paint over the paper.

Step 3. Tape a piece of bubble wrap covering your paper (bubble side down so it touches the paint).

Step 4. Have your child squish the paint around with the hands.

Step 5. Slowly remove the bubble wrap. The first print is the one underneath. They'll look like artistic blobs.

Step 6. Lay the bubble wrap paint up and add another piece of clean paper on top and do it a few times until it's covered. This is your second bubble wrap print!



## Sparkly Slime

Slime is a gooey, slightly sticky substance that can be molded into shapes or just squished between fingers. This is yet another sensory experience that you can turn into a fun art project.

### Materials Needed

- 2 (4 oz) bottles of glue
- 1 cup of water
- 1 teaspoon of borax
- 5 cup of warm water
- Copious amounts of glitter
- 1 large mixing bowl
- 1 small mixing bowl
- 1 cooking spoon
- 1 Ziploc baggie

### INSTRUCTIONS:

Step 1. Pour all your glue and your room temperature water into the large mixing bowl.

Step 2. Mix the water and glue together using your cooking spoon.

Step 3. Pour your warm water and the borax into your small mixing bowl and wait for the borax to dissolve.

Step 4. Add the borax water to your glue and stir them together for approximately five minutes.

Step 5. Throw in some glitter, and you've got yourself some Sparkly Slime!

Step 6. Give the slime to your child to play with! Your child may not like the sticky feeling of the slime, so you might think about putting the slime in a Ziploc bag. That way, they can enjoy the squishy feeling and the sparkles without having to get sticky.



## Tape Art

This art activity yields a very pretty stained-glass window result and allows your child to work on fine motor skills such as grasping (around the paintbrush) and pinching (to pick up tape). Kids also love ripping up tape!

Materials needed:

- Paper or cardboard (watercolor paper is thicker and will hold up better than printer paper)
- Painter's tape
- Paintbrushes
- Paint (any type)
- Tray to contain mess (optional)

### **INSTRUCTIONS:**

Step 1. Make designs on the cardboard with tape. You can have your child hold one end while you fasten down the other. You can also cut small lengths of tape and fix them to the end of the table for your child to pull off.

Step 2. Paint the spaces between the lengths of tape! Rolling brushes work for this too.

Step 3. Let paint dry.

Step 4. Carefully remove tape and see the cool design you've made!

