



The STEM  
Nanny Company

## Ice Painting

This activity allows children to explore colors and create patterns using taste safe ice paints.

### Educational Development

- **Sensory Integrations Skills:**

This activity uses touch, sight and taste to identify colors, temperature and relate them to common objects.

- **Fine Motor Skills:**

Your little one will engage and develop the small muscles in their fingers, wrists, and hands as they pick up, hold and maneuver the ice.

- **Language and Communication Skills:**

You will encourage children to identify the colors they are using and associate them with common objects around them.

### Materials

- Water
- 8-10 drops of red, yellow, green and blue food coloring
- Short popsicle sticks
- Ice cube tray
- White cardstock or thick paper
- Old newspaper

### Instructions:

1. Pour water into the ice cube tray evenly.
2. Mix 8-10 drops of red food coloring. Repeat with all colors.





3. Put a short popsicle stick into each ice cube mold.
4. Freeze the solution for 6 to 24 hours.
5. After freezing, place the ice cube tray on warm water to get the ice paint sticks.
6. Lay old newspaper on the floor to protect from paint stains.
7. Place the ice cube tray on cardstock or thick paper.
8. Help the child choose the color they like. Prompt them to name the color, pronounce the phonic sounds and relate them to common objects that are familiar with.

“P-p-purple is the color of the grapes we tasted yesterday, eggplant and plums! We can mix r-r-red and b-b-blue to make purple!”

9. For older children, you may ask them what color they will have when they combine colors.

“Thea, what will you get if you combine red and yellow? Orange, fantastic! What orange objects can we see around the room? Do you like any orange foods?”

10. Discuss temperature!

- **How does the cube feel?** Cold!
- **What other kinds of things are cold?** Snow, ice-cream, yogurt and winter.
- **What kind of things or places are warm?** Dinner, soup, the sun, the summertime, and the desert!
- **How do we stay warm?** We stay warm with jackets, blankets, heaters, and the sun.
- **How do we stay cool?** By sweating, drinking water, using air conditioning, turning on a fan, etc.



- **How do animals stay warm?** Fat inside their bodies, fur that covers their skin, the sun, and traveling to small spaces where their body heat warms the space around them.
- **How do animals stay cool?** Animals like pigs remain cool by rolling in the mud, remaining in the shade of a big tree or barn, drinking water, panting, and sweating.

11. Let your child explore and have fun using the paint sticks to create watery patterns.