Healthy Children

## Sidewalk Paint Art

Sidewalk art is a fun and creative way to make art and be outside. Summer, weekends and school breaks are great times for children to be able to build critical thinking skills and problem-solving techniques, while doing something fun and engaging like making art. As kids get bored, as they often claim to do, here are some exciting ways to engage in the arts in an outdoor environment. You, too, can get on your knees and join in the fun!

## Make sidewalk paint:

Want to save money and create your own materials? You can mix up a batch of sidewalk paint with items you may have at home. Here is a great recipe for sidewalk paint that will inspire the young and old.

Homemade sidewalk paint

- $1 / 2$ cup of water


Image Credit: Burgh Baby

- $1 / 2$ cup of cornstarch
- Approximately 12 drops of food coloring - this can be adjusted to achieve desired color
- Jar with a lid
- Paint brushes, foam brushes or sponges

Mix all ingredients into a sealed jar and shake well. You can make several colors this way, using individual jars. If the paint appears dry, add a few more drops of water.

## Be a part of the art

Be sure to strike a pose and take a picture for this interactive art experience! You can set up all kinds of trompe d'oeil scenes. Think holiday cards and wall art!

## Create an interactive humanscale game board

Checkers or Twister are a few ideas! Use paper plates for the pieces. These would work well for birthday party games!


Information was adapted from parentmap.com. Check out more ideas and tips on art projects.


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