

# T's Colorful Day: Finger Painting Fun and Orange Surprise!

Get ready for a super fun time moving our bodies and making colorful art, T!

## Part 1: Wiggle and Move! (Gross Motor Warm-up - 10 minutes)

Let's get our bodies ready to create! We can put on some music if you like!

- **Big Stomps:** Let's pretend we are big friendly giants! Stomp your feet! STOMP, STOMP, STOMP!
- **Arm Swings:** Now, let's swing our arms like an elephant's trunk! Woosh, woosh, woosh! Swing them high, swing them low.
- **Reach for the Sky:** Reach up super tall, like you're trying to touch the clouds! And now, touch your toes!
- **Jumping Jacks (simplified):** Let's try some happy jumps! Jump, jump, jump! (Or just jump up and down).
- **Wiggle Worm:** Wiggle your whole body like a wiggly worm! Wiggle, wiggle, wiggle!

Great job moving, T! Now our bodies are all warmed up for some painting fun!

## Part 2: Colorful Finger Painting Adventure! (Creative Arts - 20-30 minutes)

It's time to get our hands messy and be artists!

### Setup:

1. Make sure T is wearing a smock or old clothes.
2. Cover the table or floor with newspaper or a plastic sheet.
3. Put small amounts of red, yellow, and blue finger paint onto separate shallow trays or plates.
4. Have a large sheet of paper ready for T.

### Let's Paint!

#### Exploring Primary Colors:

1. "Look, T! We have beautiful colors! This is **RED** like a yummy apple!" (Point to the red paint. Encourage T to say "red"). "Let's dip a finger in the red paint and make some red marks on our paper!"
2. "Wow! Now let's try this color. This is **YELLOW** like a bright sun!" (Point to the yellow paint. Encourage T to say "yellow"). "Let's dip a finger (maybe a new one, or wipe the first one) in the yellow paint and make some yellow marks!"
3. "And look at this one! This is **BLUE** like the big sky!" (Point to the blue paint. Encourage T to say "blue"). "Let's make some blue marks too!"
4. Let T explore painting with these colors freely for a few minutes. Talk about how the paint feels - "Is it squishy? Is it cold?"

#### Color Mixing Magic - Red + Yellow = ORANGE!

1. "T, are you ready for some color magic? Let's see what happens when we mix two colors!"
2. "Let's take a little bit of **RED** paint on one finger." (Help T if needed).

3. \"Now, let's take a little bit of **YELLOW** paint on another finger, or on the same spot on the paper.\"
4. \"Okay, let's mix them together on the paper! Rub, rub, rub the red and yellow paint together!\"
5. \"Wow! Look, T! What color is that? Red and yellow together make... **ORANGE!** Just like an orange fruit!\"
6. Encourage T to make more orange. You can also demonstrate mixing a larger amount directly on a clean part of a tray or on the paper. \"See? Red plus yellow makes orange!\"
7. Let T continue to explore mixing these two colors or painting with the individual colors. If T shows interest, you can briefly try mixing red + blue (purple) or yellow + blue (green), but keep the main focus on red + yellow = orange for simplicity at this age.

## Part 3: Clean-Up Time! (5-10 minutes)

All great artists clean up their space!

- \"Wow, T, what beautiful art you made! Now it's time to clean our hands.\"
- Use wipes or guide T to a basin of warm, soapy water to wash hands. Talk about washing all the paint off.
- Help clean the paint supplies and the work surface together (as much as T can participate - e.g., putting lids back on paint, helping wipe the table with a cloth).

You did such a wonderful job today, T! You were a fantastic mover and a super color explorer!