

The benefits of painting

Painting can be implemented in so many different ways with lots of different types of paints, materials to paint on, and utensils to paint with. Painting can also be with water to allow children to experience opportunities to paint on different surfaces and not need to clean up.



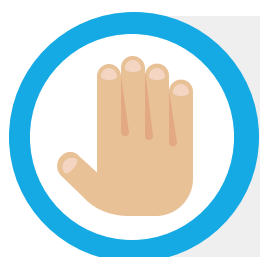
Expression of self

Painting allows children to express themselves through the way in which they choose to paint, the colours they use, the media they prefer etc. This allows children to get their emotions out and express themselves through art.



Representation

As children become more confident with the paint media and understand how it works they start to paint their own representations of what they see. Providing a range of different inspirations for children invites them to learn new techniques and opportunities to paint.



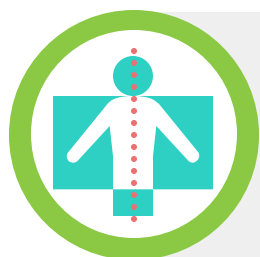
Fine Motor

Using paint supports fine motor development and strength in the fingers, hands and forearms. This supports children to be able to gain control and then transfer this skill to using finer detail with smaller brushes and then pencils and drawing materials.



Exploration

Children can explore paint in many different ways to support their own ideas and get familiar with the paint. This can be through finger painting, exploring the paint with their skin, trying different media. This is all a natural part of gaining confidence with the paint.



Crossing the midline

Painting on easels or water painting on fences are great ways for children to have the opportunity to cross the midline (reaching across the centre of their body with their hand). Doing this builds the connection of the different sides of the brain which supports general cognitive function.