

# Magic Paint Brush!

This exercise is going to need your colourful imagination, as we are going to improvise using our bodies to paint a beautiful picture!

Firstly, we want to imagine we have a blank canvas in front and all around our bodies. You can then imagine you have your paint in front of you, full of all your favourite colours. You can sign or speak the colours you have chosen to your family!

We are then going to use our body parts as paint brushes to move and paint amazing imaginary pictures! Here are some ideas in how to create your paintings...

Are you painting a specific picture or just exploring?

What body parts can you use as a paint brush?

Fingers

Head

Arms

Hands

Toes

Hips

Feet

What type of strokes can you use?

Straight

Long

Circular

Dots and Spots

Short

Can all the family paint a picture together?



JHD

Jasmine Hall Dance