



STRAW PAINTING

Build emotion regulation skills with art

PROMOTE

breathing as a coping skill

BY NARRATING

“Take a deep breath in. Now breathe out to move the paint across your paper.”

MATERIALS

- white paper
- paint (diluted tempera or liquid watercolor)
- activity trays
- eye droppers
- straws

STEPS

1. Set the table: Place four containers of paint with two eye droppers in each container at the center of the table.
2. Organize children’s play: Tape white paper to each activity tray and place one at each child’s place.
3. Invite children to use eye droppers to squeeze a few drops of paint on their paper.
4. Give each child a straw and invite them to take a deep breath and blow through the straw to spread the paint across the paper.



SEEDS for Family School Readiness

Cultivating School-Ready Families and Family-Ready Schools

For more SEEDS, visit nfrc.ucla.edu/SEEDS

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