Nature Paints and Inks!

Playful experimentation with plant pigments

Play is a means of deep learning for young children. In Gaffield Children’s Garden, we provide rich, open-ended Nature Play experiences. We are committed to it, knowing that these experiences will become an essential part of the child, will be transformed into intellectual pursuits, imaginative pursuits, support physical and emotional health, and promote positive regard for the Earth now and into adulthood. We encourage families to participate and replicate what we do here, in their own homes, apartments, and parks. Here is a recipe for Nature Play at Home: Nature Paints & Inks!

**SUPPLIES!**
- Paints made from garden, cupboard and backyard plants -- see below **
- assorted paintbrushes
- paper or coffee filters or newprint
- jars of water for rinsing brushes
- clothes pins for hanging up art to dry
- smocks? rags for cleaning up?

**PLAY!**
- for young children, consider prepping the paints in advance. for older children, consider letting them collect ingredients & oversee the preparation steps
- set out supplies, preferably outside

**MORE PLAY?**
- while some of the paints will be washable some will more permanent with this in mind:
  - paint fabric for capes, flags, costume pieces
  - paint found objects
  - children choose new paint variations
  - older children might be interested in researching traditional pigments

**RECIPE**

Our Recipe**

Purples: foraged or frozen blackberries or blue berries
Red: Beets
Browns: Coffee
Yellows: Carrots or ground mustard or tumeric
Greens: Kale and spinach

Simmer desired ingredient in a pan with some water until water colors/plant is cooked through. Mix in a blender until smooth/paintable consistency. May add a small amount of flour or salt to stabilize color.

**RECIPES**

- There are many different types of recipes online. Try ours or try googling
  - https://www.diynatural.com/homemade-paint-for-kids
  - https://www.marthastewart.com/1516423/natural-ink-colors
  - https://www.diynatural.com/homemade-paint-for-kids/