



Edible Gel Paint

Ingredients

2 Tablespoons of Sugar
1/3 Cup Cornstarch
2 Cups Water
Food Colouring

Directions

1. Put the sugar, cornstarch, and water in a medium saucepan and heat it up over medium-high heat. Keep a close eye on it and stir it pretty consistently, making sure to scrape the bottom of the pan.
2. While it's heating up, set out one container for each color you'd like to make.
3. After a few minutes, it should start transforming from a milky liquid to a hair gel-like consistency and be almost translucent. Once it gets to that point, don't cook it much more, otherwise it will be really hard to paint with.
4. Scoop the gel out of the pan and divide it evenly amongst the containers you set out.
5. Add the food coloring or liquid watercolors and stir them up well.



Finger painting may present itself as a messy activity however in a child's world there are so many benefits. Do you ever wonder what your child is learning while finger painting? Or if they are learning? Here are some benefits of finger painting.

It is an excellent tactile experience which helps stimulate your child's senses. An interesting thing about finger painting is children are given an opportunity to freely mix the colours with their hands. Mixing colours together can help your child create new colours and discover the ways in which to make them. It also encourages their cognitive development and can act as a very soothing activity in a stressful time. Children are able to express themselves creatively all while capturing the most important benefit, it being fun!

