



Body Art

Experience

Preparation: Invite your school aged child to join you to create 'Body Art'. Explain the process involved, e.g. a child lays down and their body is traced by someone onto the large paper. Work together to stick pages together to ensure it is the same size as your child. Trace your child's body, explaining what you are doing. Your child can then add details to their body art. Talking about your child's features like hair colour, eyes, clothing, shape, size and identifying what is unique to your child.

Variation: For a smaller body art project try tracing hands, feet or heads.

Learning benefits

- Enhance self-esteem and connection with others
- Opportunity to engage in positive social interactions
- Engagement in self-expression tuning into emotions and feelings about oneself



5 - 15 mins



5 - 12 years

Materials

Coloured and black markers
Sticky tape
Large paper or newspaper

Hints and Tips

Body Art creates a great keep sake of your child, remember to date your creations

Create indoors or outdoors