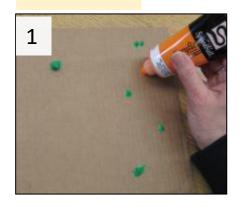# Paint Sensory Board

❑ **What you need:**
- Plastic Wrap
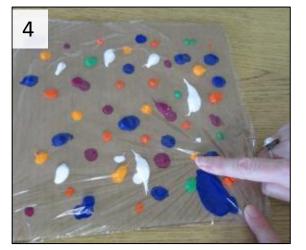- Cardboard
- Paints
- White paper

❑ **Steps:**

1, 2. Squeeze dots of paint onto the cardboard, making sure to spread them out.

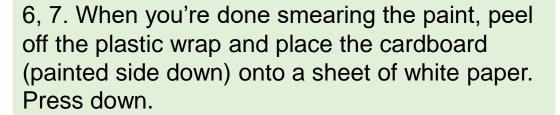3. Place plastic wrap over top of the cardboard.

4

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4, 5. Using your fingers, press and push over top of the plastic wrap to smear the paint across the cardboard. Make as many swirls and shapes as you like.

7

6, 7. When you're done smearing the paint, peel off the plastic wrap and place the cardboard (painted side down) onto a sheet of white paper. Press down.

8

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10

8, 9, 10. Peel off the cardboard and if you want, use your fingers to spread out any of the colours. Let dry.