

Shell Painting

Hopefully you can spend some time as a family at the beach this summer. Spending time together in nature can be fun and help create moments of shared joy. Whilst there, why not collect some unusual shells for painting as a family activity, thinking about the people in your life you love and spreading messages of kindness. Here is what you need;

Materials:

- Shells (if you live near a beach) or stones
- Acrylic Paint
- Paint brush

Activity:

- On your family trip to the beach, maybe on a walk or after everyone has been for a swim, ask everyone to take in their surroundings, to take note of what sounds can they hear? What can they see?

- Ask everyone to collect five shells each, choosing carefully, and when they see one, pick it up, feel the texture of it. Is it smooth? Is it jagged? If they put their shell up to their ear, what can they hear?
- When home, gather your paint and brushes, and spend some time painting some of the shells that were collected together (you might want to leave some of them untouched).
- Ask your child to think of a kind message or thought for someone they love, for example, “As I paint this shell I am thinking about my grandad who calls me every night to say hello and who I love with all my heart” or “This shell reminds me of my sister because its really bright in colour and makes me smile like she does”.

