



## SPONGE TOSS ART

**TYPE OF ACTIVITY:** Art

**KEY CONCEPT:** Be physically active



**OBJECTIVES:**

- › Children will practice gross motor skills by tossing sponges.
- › Children will identify the connection between physical activity, increased heart rate, and good health.
- › Children will identify colors as they create art.

**MATERIALS:**

- › Large sheets of paper
- › Tape
- › Sponges
- › Washable tempera or watercolor paint
- › Paint containers
- › Smocks
- › Disposable gloves (optional)



**PROCEDURE:**

1. Set-up: Cut sponges into different sizes and shapes. Pour a small amount of paint into each container and dilute with water. Hang paper on a fence or wall outdoors, or spread it on the ground.
2. Talk to children about physical activity. Remind them that when they move their bodies, their hearts beat more quickly, which help keep their bodies healthy. Explain that throwing is one type of physical activity.
3. Explain that children are going to create art by throwing sponges at a large sheet of paper. Demonstrate by dipping a sponge in paint and throwing it at the paper.
4. Have children put on smocks. Offer disposable gloves if children do not want to touch the paint (optional).
5. Encourage the children to dip sponges in the paint and toss them to make a piece of art.

Encourage them to identify the paint colors as they dip their sponges. Have them describe the art as they are creating it.

6. If paper becomes saturated with paint, provide additional paper and continue the activity.

#### ADAPTATIONS/EXTENSIONS:

**Physical activity:** Name a way to toss the sponges, and encourage children to try creating art that way (e.g., toss underhand, toss overhand, toss from the side, toss with your other hand).

**Motor skills:** Encourage children to take one or two steps back, and try tossing the sponges from farther away. If children miss the paper, encourage them to throw harder. This may work better if the paper is on the ground.

