



# Marble Painting

*Thank you to Vicky Cox, Activities Coordinator at Brendoncare Alton for this fantastic, simple craft idea.*

## You will need:

### **One box.**

*It can either be an old biscuit tin or a Tupperware tub, as long as it's big enough to fit A5-A4 paper sheets in and is waterproof.*

### **Selection of different coloured papers and cards.**

*You may need to cut the paper/card slightly to fit the tin.*

### **Selection of different coloured paints.**

*Water based ready mixed poster paints work best for this.*

### **A bag of marbles.**

*Any sizes will work.*

## Method:

Ask your participants what coloured card/paper they would like to start with and cut to fit whatever box you are using.

Place paper/card inside the box with a few of the marbles.

Ask your participants to pick which coloured paints they would like inside the tin. You don't need to over load the paper with paint, one good squeeze will do. Ask the participants to do the squeezing (with assistance if needed.)

Once all the colours have been picked and poured, place the lid on the tin/box and get your participants to give it a really good shake (With assistance if needed). This is not only a great way to make a lot of noise which helps engage those doing the activity but it's good exercise for the muscles/joints.

Once the person doing the shaking has decided they're happy with how much they've done, remove the lid and take a look at the finished masterpiece. It will resemble a tie-dyed piece of fabric, but the fun of this activity is that you can do this as many times as you like with as few or as many colours as you like and the finished piece will always turn out differently. This can also be a singular activity, as in every person there does their own, or a group effort where several people pick colours together and all take turns shaking the box.

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## **The Brendoncare Foundation**

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