

Make Your Own Paint

This recipe works well with preschoolers because it is somewhat runny, which means it doesn't stain so easily, and completely edible, in case of accidental ingestion. (Not that we recommend tasting it!) The best part is that it's easily made from things you've likely got in your cupboard.

What You Need:

- Cornstarch
- Water
- Food coloring
- Small plastic bowls or containers

What You Do:

1. Combine equal parts of cornstarch and water (1/4 cup of each does well for 1-2 children).
2. Add 6-8 drops of food coloring and stir until blended.
3. Repeat to make as many different colors as you'd like.

