

Blow Painting

Children's Activity

Overview

Children will learn how to create abstract art using their breath to blow paint through a straw, while reviewing what lungs do.

Themes Met:

- #1 Lungs help us breathe
- #2 Healthy lungs help keep our bodies healthy
- #4 We use lungs to do healthy activities

Supplies

- Different colors of watered down tempera paint
- Paint cups
- Regular beverage straws
- Paint shirts to protect children's clothing
- Sturdy white paper
- Newspapers or paper towels
- Abstract Art (appendix A10)

Extensions/ Adaptations:

This lesson can be extended by involving other abstract artists. These paintings would make a great bulletin board theme. Children could work as a group on one paper.

Before You Begin

Prepare paint, making sure it is just thin/watery enough to be blown

- For each color, put paint in a cup, add water and stir

Prepare straws:

- Cut straws in half (about 6 inches long)
- Cut a small hole about one inch from the top of the straw so they can only blow and not suck

Place newspapers or paper towels down to protect the table top from getting paint on it.

Have students put on protective clothing to prevent paint from getting on their clothes.

Steps

Pre-Activity Discussion: Review with children what lungs help us do (breathe, blow, sing, talk, laugh, etc). Explain that it is important that we keep our lungs healthy so that we can take big breaths and bring air into our bodies. Have children take a deep breath in and blow it out fast and hard (like blowing out a candle). Have children take a deep breath in and breathe it out slowly and softly. Tell children that how fast and deep we breathe depends on what we are doing. We breathe faster and deeper if we are running or playing. We breathe slower and shallower if we are resting.

1. Explain “abstract art” - with abstract art, we use our imagination and our emotions (show example from appendix b).
2. Give children a piece of paper with their name on it and different colors of paint.
3. Show children how to pick up paint from the cup by dipping in the straw and pinching the straw under the hole that was cut as they transfer it to the paper, then opening the pinched straw to release the paint. Have students put paint on their paper.
4. Ask: How can I get the paint to move across the paper using only this straw and my breath?
5. Show children how to blow out through their straw (not breathe in) to blow the paint around the paper.
6. Children will alternate putting paint on their paper then blowing it. As children paint, engage children in prediction, experiment, and observe by:
 - Asking what they think will happen to the paint if they blow out really hard. Ask what they think will happen if they blow out slower. Have children experiment with blowing out (blowing hard and fast versus blowing out slower). Have children observe and then describe what happens to the paint during each speed of blowing.
7. Once paintings have dried, have children share them with the class.



Head Start Domains & Goals:

P-PMP 2, 3, 4
P-SCI 1. 2. 3. 4. 5. 6
P-LC 1, 5
P-SE 3, 9, 10, 11
P-ATL 3, 6, 7

HighScope Curriculum Content:

3, 5, 11, 13, 17, 18, 20, 21, 22, 40, 44, 45, 47, 48, 50

Abstract Art



Black Lines - Kandinsky