

Sensory Activity

Colourful Sponge Painting



Introduction

Sponge painting is a lovely, simple sensory activity. It is an old favourite in many homes and centres, but is especially suitable linked to the arrival of spring and, for example, the festival of Holi.

It is also a good activity for people with advancing dementia. It does not require great dexterity, yet it allows for a level of creativity. The bright colours are stimulating, and the whole thing is fun.

You can use any shape of sponge, but it is possible to buy simple shaped sponges in most craft shops or online nowadays to suit your theme – it could be animals or flowers or national symbols. Or you can get sponges with all the letters of the alphabet.

You Will Need

- Sponges
- Poster paints
- Sheets of paper or card
- Old newspapers

Risk Assess

Cover tables with old newspapers. Provide plastic aprons.

What To Do

Get painting! Encourage people to make whatever pictures they want.

If using a theme, then if possible, chat about a design.

Extension Activity

If you can get some fabric paint, try sponge painting on plain canvas bags (available online or in craft shops).

You might want to personalise the bag with an initial or their full name. A great and useful craft, as the resident then has their own bag in which to keep their personal belongings.

