



SENSORY
FRIENDLY
SATURDAY

Scented Paint

SENSORY PLAY

Paint and sniff in this sensory-based art activity. Use essential oils, extracts, and spices from home to create scented paint. Then see what colors and smells you can create by mixing them together!

1



Gather materials:

- Tempera Paint
- Mixing Bowls / Cups
- Small Brushes
- Essential Oil Extracts / Spices
- Paper

2



Pour a few spoonfuls of different colored paint into each bowl or cup. You can mix paint together to create a new color.



3



If you are using extract, add a few drops into a color that reminds you of that smell. For example, vanilla extract makes us think of the color white.

4



Essential oils also need only a few drops. Smell the scent of your oil and then find the color that matches. For example, lemongrass could be yellow, and peppermint could be red.

5



If you have spices like pumpkin spice, sprinkle about a teaspoon on top of a color that reminds you of that smell.

GOING FURTHER:

Mix a color and scent combination that would not normally match. Play around with the idea of colors and scents.



6



Do this to all the different colors you will be using. Then mix each color separately with their own paintbrush.

7



Pick a color. Then on a sheet of paper, paint an object that has that scent and color, like a yellow lemon. You can paint objects that smell like the color or look like the color.

8



Paint something using two color combinations next to each other. A peppermint candy can be red and white.

9



You can also mix the paint together by putting one color on top of another, like using white and yellow to make lemon flavor ice cream!



10



Be creative and imagine what kind of things you can create by mixing colors together. Even small details like sprinkles can change the scent of something.

11



Let your painting dry. Then scratch the painted part of the paper and see if it still smells good!

