

Painting with feet!

www.youtube.com/watch?v=5FHllrGEGoo

This video is about a lady who paints with her feet as she was born with no arms.

1. Try some warm up activities like sitting on a chair- how many paint brushes can they pick up with their toes?
2. Can they write their name with their feet ie dip big toe in paint to write letters as well as hold a paintbrush or felt tip pen to write their name.
3. Talk about what makes these tasks so difficult for us?
4. Could they use a mirror to look at their face and draw/paint with their feet? (they could sit on the floor /chair- which is easier?)
5. Children could then explore other things we use our hands for ie bounce a ball- can they do it with their feet etc?
6. Research other artists that don't use their hands ie blind/use mouth to paint.

