

How To Make A Finger Painting Kit For Dementia Care

Making a simple finger painting kit at home means you can pull it out whenever you need something gentle and hands-on to do. It doesn't have to be fancy and can be adapted for different stages of dementia depending on what's comfortable and manageable.

Checklist: Simple, Adaptable Tools for a Calming, Hands-on Activity

✓ Surfaces to Paint On

- ☐ Thick paper or card (preferably A4, taped down)
- ☐ Dark and light background options
- ☐ Laminated sheets or wipeable trays
- ☐ Paper plates or fabric swatches (for added texture)
- ☐ Plastic file folders (for upright painting)

✓ Paint Options

- ☐ Non-toxic, washable finger paints (safe for skin)
- ☐ Primary colours for mixing (e.g. red, blue, yellow)
- ☐ Edible alternatives (e.g. yoghurt + food colouring, beetroot powder)
- ☐ Sponges or cotton balls (for those who avoid finger contact)

✓ Setup Materials

- ☐ Tablecloth or newspaper (to protect the surface)
- ☐ Apron or old clothes
- ☐ Bowl of warm water + towel (for hand washing)
- ☐ Shallow tray or basket to keep everything together

✓ Optional Extras

- ☐ Stencils or simple shape templates (hearts, stars, flowers)
- ☐ Seasonal colour ideas (e.g. autumn tones, spring pastels)
- ☐ A quiet, well-lit space for the activity
- ☐ A few sample pictures or examples (for inspiration)