How to make your own paint

**Ingredients:**

- 1/2 cup flour
- 1/2 cup salt
- 1/2 cup water
- Food colouring

**Method:**

- Blend 1/2 cup of flour with 1/2 cup of salt
- Add 1/2 cup of water and mix until smooth
- Divide it up into three sandwich bags and add a few drops of food colouring to each bag
- Squish them up until the “paint” is well blended (use ziplock bags if small children are helping with this step)
- Add more water for a thinner paint
- Cut a corner off the bag and squeeze the paint mixture into your squeeze bottle