

Hands-on Activities

Below 18 months

Vegetable Printing

Materials Required

- 1 Natural Paints - turmeric, beetroot paste, spinach paste, rice powder paste.
- 2 Vegetables - bhindi, onion, carrot, potato etc.

How To Make

Use whatever vegetable is available at home like bhindi, potato, onion etc and let the infant dip it in natural colours to paint and dab on paper.



***Parents can be creative here by slicing the vegetable in the shape of a flower etc.**