Art Ideas for Busy Kids

Some kids like to keep moving. You try to get them included in art activities, but they don’t want to stop. However, you can find activities that allow them to move more than just their fingers. This collection of art ideas for busy kids is perfect for:

- Kids who prefer to be moving rather than sitting in one place.
- Kids who will perhaps brush one stroke of paint on the paper and run away, and maybe return later to add one more stroke before leaving again.
- Kids who love to engage their larger muscles, making big movements.

Whether you are in a classroom or home setting, you can give these a try. Let me know how it goes! And if you find other activities your busy kids enjoy, share them!

This post contains affiliate links for your convenience.
**Splatter Paint**

Have you ever dropped a glove filled with paint into a box? This action art is fun because no sitting is required and you get to drop weighted gloves, watching the paint SPLAT.

**Golf Painting in a Can**

Golf ball painting in a can is a busy art activity! After everything is placed in the can, it requires two children to roll it back and forth. The results are fun, too!

**Spraying Watercolors**

I have yet to meet a young child who does not like using a spray bottle. This fun idea involves putting liquid watercolors into spray bottles and squirting it onto paper.
Mixing and Squirting Paint

Color mixing has never been so much fun for the active child! Take an empty, clean ketchup bottle, some marbles, and add 2 colors of paint. Shake, shake, shake and watch the colors mix!

Rolling Paint with Brayers

Active children love using brayers because it involves the entire arm and shoulder. The bigger the paper, the better, so that they can really move!

Spin Art

Spin art is another favorite because there are lots of physical steps involved. There’s the basket that needs to be inserted, then the paper, then squirting the paint. Put on the lid, and then make the spinner move! The active child will want to do this over and over again.
Painting with Cars

We remove the chairs from the table for this active art activity!

Squeeze Art

Even though this squeeze art isn’t exactly active, there is something about squeezing and transferring watercolors using a pipette. Our active children love to stop and focus while doing these types of art activities!

Bubble Paint

There’s a lot of busy work going on with this bubble blowing activity! After making your bubble paint solution, kids can blow mounds and mounds of colored bubbles, and then make prints on paper.
Ball Painting

This **ball painting activity** requires using both arms and hands to steady a box lid while a ball with paint moves across paper. Lots of movement, but it also strengthens hand-eye coordination.

Painting with Balloons

Kids love balloons, but have you ever **painted with them**? Active children love the movements involved as they dab the balloons in paint and then dab them onto the paper.

Painting with Sticks

**Painting with sticks** was a huge success because there was no sitting involved, and it involved big art! The entire body was used creating this activity, and our active kids loved it!
Do you have an active toddler? Check out this collection:

And don’t forget how active kids love to move to music!

More ideas for kids:

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