



## Spice Painting - Leaves

Let's get ready for fall with a great sensory painting activity!

### Spice Painting Leaves

#### Supplies:

- Leaf Print out (Below)
- Turmeric
- Paprika
- Cocoa Powder
- Vegetable Oil
- Paint brushes
- 3 Small bowls (Or 3 small bowls per resident)
- Optional: scissors, twine, hole punch

#### Goals:

- Fine Motor Skills
- Hand-Eye Coordination
- Sensory Stimulation
- Creative Expression

### Directions

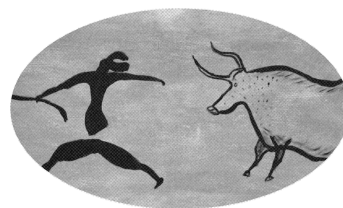
1. Pour out spices into individual small bowls (About 1 tsp. each) and have residents smell them. See if they can identify them and ask if they bring up any memories of baking, seasons, holidays etc.
2. Measure 1 - 2 teaspoons of oil and pour into each bowl with spice. Mix with paintbrush.
3. Let sit for a few minutes and enjoy the scents.
4. Decide if you would like to paint an entire coloring page (below) or paint and then cut out individual leaves. Individual leaves can be hung in the arbor or used to create a garland (holes punched in leaves and strung on to twine). Have residents pick a leaf they would like to color and encourage them to use all of the different colors of spice paint.
5. Read the info. sheet to find out all about the spices we are using!

## Resident Engagement

- Focus on having residents use their sense of smell. If they can not smell, ask them if they have ever tasted the spice or ingredient, if they have ever used it in cooking/baking or what they may make with these ingredients.
- Scents help to stimulate memories. Encourage residents to tell stories that may come up.
- Give residents choices. Would they like to color an entire page? Would they like to color one leaf and then cut it out with scissors? Would they like to make their own leaf or shape on a blank piece of paper?
- Assist as minimally as possible and let the resident work to their own ability.
- Use the particular strengths of the resident allowing them to be successful in the activity so they can feel empowered.
- Residents with motor skill deficiencies or lower vision may need hand under hand assistance. You can also allow them to hold your wrist as you mix the ingredients or paint the leaves.



# The Evolution of Paint



The first paintings created were cave paintings. Ancient people would decorate the walls of caves with paint made from dirt or charcoal. Civilizations from all over the world have utilized organic material from plants, animals, and minerals to create color they could apply to surfaces. Plants use different natural pigments to help capture the energy of sunlight for photosynthesis and to attract insects and animals to aid in pollination and seed dispersal. Humans eventually began using these different plant pigments in paint. Spice painting became popular due to the vivid colors they produce. Turmeric lends itself to a bright orange color, saffron -yellow and paprika - red. Natural pigments are still created today. They are environmentally friendly, one of the purest forms of color and help connect us to the earth.



## Spices

A spice is a seed, fruit, root, bark, or other plant substance primarily used for flavoring or coloring food. Spices are distinguished from herbs, which are the leaves, flowers, or stems of plants used for flavoring or as a garnish. Spices are also sometimes used in medicine, religious rituals, cosmetics, and/or dye.

### Interesting Facts:

- The first recorded use of spice dates back to 3000 BC in ancient Sumeria. Sumerians used spices such as cumin, coriander, and turmeric to flavor their food. These spices were also used for medicinal purposes like treating colds and digestive issues.
- People believed that spices had magical powers and could even be used to ward off evil spirits.
- In the Middle Ages, pepper was so valuable that it was often used as currency. A pound of pepper could cost as much as a sheep or a cow!
- Saffron is the most expensive spice in the world. It takes over one hundred flowers to produce one gram of saffron.
- Turmeric is one of the most extensively studied medicinal plants.
- If you store whole or unground spices properly, it can last up to 4 years.
- Cinnamon is one of the few spices taken from the bark of a tree rather than its leaves, berries or seeds.

# Turmeric



Turmeric is a spice that comes from the root of the *curcuma longa* plant, which is a perennial in the ginger family. Its major active ingredient is curcumin. Curcumin has powerful antioxidants and anti-inflammatory properties which contribute to its many health benefits.

## Medicinal qualities:

- Decreases inflammation in the body
- Slows down degenerative eye conditions
- Helps arthritis
- Lowers cholesterol in the blood
- Lessens anxiety
- Soothes sore muscles
- Supports kidney health
- Improves skin complexion
- Enhances immune function
- Stimulates digestion
- May help with memory and brain function

## Cooking:

- Turmeric can be added to soups, marinades, sauces, smoothies and drank as a tea.



## Cosmetics:

- Used in face masks, face washes, serums, and creams to reduce acne, inflammation, and hyperpigmentation.
- Boosts collagen and helps with psoriasis and eczema.

## Spice Dye:

- Originally used in ancient India and Asia to dye clothing.
- Provides a vibrant yellow hue.

# Paprika



Paprika is a ground spice made from dried varieties of paprika peppers. It ranges from sweet to hot in intensity, and some varieties of paprika have a smoky flavor. Most are mild. The color of paprika can also vary from bright orange to deep red. Paprika is used in various cuisines around the world.

## Medicinal qualities:

- Helps build strong teeth, bones and muscles
- Improves fat metabolism
- May reduce appetite and caloric intake
- Reduces the risk of cancer and heart disease
- Used for pain management
- Suppresses UV -induced skin damage
- Helps heal wounds

## Cooking:

- Used in barbecue sauces, rubs, eggs and meat marinades
- Heavily used in Hungarian, Spanish, and Mexican cuisines



## Cosmetics:

- Helps prevent age spots, wrinkles and acne
- Promotes hair growth
- Used with henna application

## Spice Dye:

- Dye is used for meats (sausages), hair dye, cosmetics and clothing.
- Red - orange bright hues





## Cocoa Powder

Cocoa is a powder made from fermented, roasted, and pulverized cacao beans that have had the natural fat (known as cocoa butter) removed. Even though cocoa powder is not a spice, it is used as a natural dye.

### Medicinal qualities:

- Improves attention and memory
- Boosts immune system
- Maintains healthy nervous and muscle system functioning
- Helps heal wounds
- Lowers blood pressure
- Improve cholesterol and blood sugar levels
- Reduces inflammation
- Supports metabolism

### Cooking:

- Used in baked goods, frozen desserts, stews and biscuits
- Wonderful in hot chocolate and chocolate milk



### Cosmetics:

- Used in Face masks, lotions, creams, soaps, sugar scrubs and lip products
- Helps tighten and tone the skin

### Spice Dye:

- Made into a natural and healthy hair dye
- Shades of dark brown used as clothing dye



