



Play recipe

Messy play

Simply take ...

- Sand
- Water
- Clay
- Mud
- Gloop (cornfour mixed with water)
- Cold cooked pasta mixed with water and ketchup
- Set jelly
- Cold custard
- Rice (dry or cooked)
- Paint for hand and foot prints
- Plastic bowls
- Metal baking trays
- Plant saucer
- Seed tray
- Spoons, forks,
- Scrapers, sand rakes
- Funnels, jugs, sieves,
- Comb

1. Encourage your child to explore using their senses e.g. running the messy play material through their fingers.
2. Put a small amount of a mixture onto a baking tray, plant saucer or seed tray, and let your child make patterns.
3. Hide plastic animals, dinosaurs, people etc. in custard or jelly.
4. Use playdough or biscuit cutters to make shapes in clay or mud.
5. Add glitter to any of the mixtures.

Why its good to get messy!?

- Children learn about the world from textures and touch.
- Some children find experiencing different textures calming.
- Some children enjoy the opportunity to get messy.
- Look out for messy play sessions running in your area!

Have fun playing with messy play together

- Talk about how the messy play material feels, wobbles, looks, smells and sounds.
- Talk about what patterns they can make in the gloop, mud, paint etc.
- Talk to your child about what the plastic toys might be doing in the messy play material - encourage them to make up a story

Watch out for ...

- Always keep a careful eye on your child.
- Create a safe place for your child to play (check regularly for broken toys and sharp edges)
- Watch out for small objects that can be swallowed.