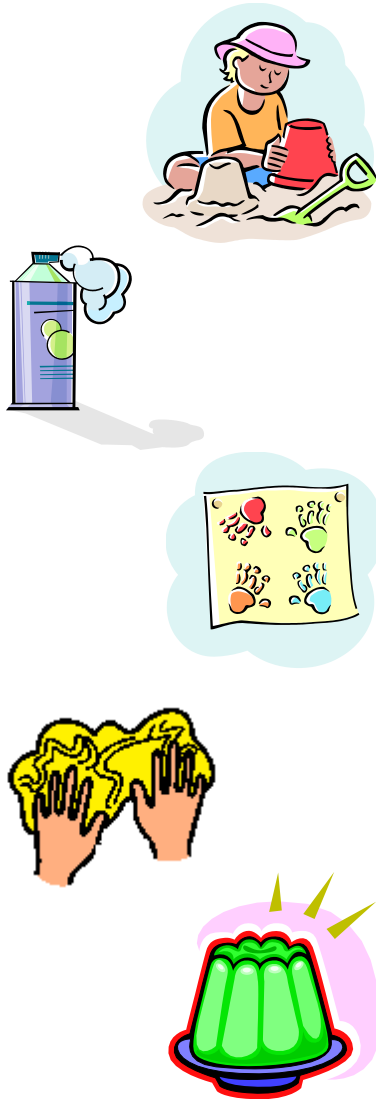


Top Tips for Messy Play

Messy play is an important part of development for a child's senses and imagination. Touch is an important sense that is developed through messy play. It may be useful to do some preparation for the task with your child e.g. heavy work activities or deep pressure (push ups, carrying objects, hand massage). If your child is over sensitive you may wish to start with dry materials (e.g. pasta, rice, lentils) then progress to different textures. Allow your child to explore a wide variety of activities listed below, however if your child becomes upset or distressed allow them to stop the activity and re-introduce at another time.

| Activity Ideas | |
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|  | <ul style="list-style-type: none"> • Sandpit or sand tray activities • Play-doh • Draw in different textures with hands or index finger e.g. salt, sand (wet or dry), rice, shaving foam spread on table • Arts and craft activities • Finger painting • Making slime • Make ice cubes using food colouring and place in a small tray of water for the child to explore. • Add some food colouring to Greek yoghurt and encourage finger painting. • Hide objects or favourite toys in tubs of dried beans, rice or lentils. • Hide small toys or objects in jelly and allow to set and then encourage your child to find the hidden toys. • Get some readymade custard, add cereals and pulses to this and spread on table with hands. |



- Cook up some spaghetti/pasta and add some food colouring. Put in a bowl and allow it to cool. Let your child play with this
- Water play – use different cups, bottles, toys
- Sit in a large box lined with different textured materials that your child can touch and explore.
- Provide a selection of soft brushes, pieces of sheepskin/fur/soft dusting mop. A soft furry blanket etc for your child to brush/rub over the skin firmly and slowly. Could incorporate this into a game by child with eyes closed, identifying where they have been touched.
- Use paint brush for messy play activities e.g. paint, water play, foam.
- Garden play e.g. digging, making mud pies
- Massage hand lotion into hands

★ See Messy Play booklets from Play Scotland website for further activity ideas