

Messy Play Recipe Book



All children learn through play, and messy play is an excellent way for children to explore the world around them and gives them endless ways to develop and learn. Play helps children to develop and improve their gross and fine motor skills, co-ordination and concentration. It is also a way of using all their senses to discover and explore their environment, develop their imagination and creative thinking and help with their ability to problem solve and experiment with solutions.

You can use lots of different things for messy play, from water and sand to shaving foam and jelly – it's all about giving children the opportunity to discover different textures and sensations.

Try different materials one by one. Start with dry textures like rice or pasta and work up to the really messy stuff. This is very important as it allows the child to gradually build up their tolerance and confidence for exploring new textures.

The use of hand under hand techniques will allow the child to have control when exploring. This is where you place your hand under the child's hand while exploring so they are able to withdraw from touching when they feel uncomfortable.

Get them to describe how each play sensation feels as you go along, as this is great for language development.

Natural Play

- Soil: add gardening tools, toys, leaves, conkers, pinecones etc.
- Turf: add toys, tractors, hay, small people etc.
- Sand: add toys, shells, feathers, etc.
- Water: add mirrors, bowls and containers, items that float etc.



Food Items to use in Messy Play

Please be aware of children's known allergies before exploring foods.

- Cooked Pasta: different shapes can be dyed and items placed in the pasta for the child to feel and search for.
- Cereal: good for feeling different textures. Cheerios/ wheat biscuits float on water while Rice Crispies will make a lovely sound in the water.
- Custard/Gravy: shaken out on a plate or tray is good for mark making as it is soft and easy to move through.
- Marshmallows: good for squishing or melting! (Once melted, add washing up liquid for a slimy bubbly texture!)
- Jelly: placing toys in the jelly before it sets for the child to explore and find later.

Making Playdough

You will need:

- 2 cups plain flour
- 1 cup salt
- 1 tablespoon oil
- About 1 cup water



Mix the flour, salt and oil and slowly add water to bring to a dough texture. If it is too dry add more water if it is too sticky add more flour.

You can add food scented oils, colouring or other fun things like glitter to your dough. It will store for about a week in the fridge.

Peppermint Playdough

You will need:

- 1 cup of flour
- 1/2 cup of salt
- 2 tbs of cream of tartar
- 1 tbs of oil
- Food colouring (as much as required for the colour you desire)
- 1 cup of boiling water
- 10 drops of Peppermint Essential Oil



Mix all ingredients except the boiling water together into a large mixing bowl. Add the boiling water and mix well (Note, the food colouring will mix in better if added to the boiling water) Please take care when using boiling water around children. Stir well until the mixture is well combined – you may find you will need to knead it to incorporate all of the colour evenly.

Snow Slime Recipe

In one bowl:

- 2 cups of PVA glue
- 1½ cups of very warm water
- Glitter
- Optional: a few drops of peppermint

In a second bowl combine:

- ¾ teaspoons of borax
- 1 1/3 cups very warm water



Mix the ingredients of both bowls well and then combine both bowls.

Erupting Snow

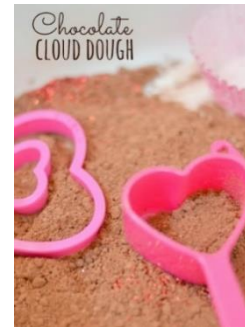
- Bicarbonate of soda
- Shaving Foam

Add the desired amount of bicarbonate of soda. Then, slowly mix in shaving cream to get a mould-able snow.



Chocolate Cloud Dough Recipe

- 7 cups of flour
- 1/2 cup of cocoa powder
- 1 cup of vegetable oil
- Ziplock bag



Add the flour and cocoa into the ziplock and give it a good mixing.
Add your vegetable oil to the flour mix and squeeze the air out of the ziplock as you close it.

Mix the flour/cocoa and oil until it seems well mixed.

Magic Sand

- Play sand
- Bicarbonate of soda
- Water
- Vinegar (in a squirty bottle)
- Food colouring/ washable liquid water colours

Mix the dry ingredients thoroughly.

Add water so that it is mouldable.

Put vinegar and food colouring into spray bottles and spray onto the sand as required to make it 'magically' fizz!



Snow Clay Recipe

- 2 cups of bicarbonate of soda
- 1 cup of cornflour
- 1 1/2 cups of cold water
- A few drops of peppermint extract
- Iridescent glitter

Combine all ingredients in a pan. Place on medium heat and stir.

Continue to stir until you have the consistency of mashed potatoes

Remove the pan from the stove and spoon the clay mixture into a large bowl.

Once cool, add iridescent glitter and knead it into the clay until you have reached the desired sparkle.

As the dough is kneaded it will become smooth and pliable, giving you the perfect play clay.

