



Messy Play Edition

Here are some messy play activity ideas for you to try at home, all activities are from my own experience of working with children & babies professionally in various settings. I hope you find them useful, have fun, aprons encouraged!



Gloop! (Also known as 'cornflour')

Simply, add a little water to the cornflour to make Gloop! This can be coloured with food colouring. Gloop is definitely recommended to use outside, as it can become very messy and fun! We love this activity here at Playtimes.

Try adding cars! Mark making with tracks!!

****Top tip:** Add the water slowly, you can always add more. Consistency is key! Remember the food colouring is also a liquid!



Save any clean boxes, catalogue books and containers to use for junk modeling!

Water and flour make a great glue substitute if you don't have any.

Younger children may simply enjoy ripping the pages of a big catalogue book, early mark making!



Exploring Jelly!

Older babies and pre-school children love to explore Jelly, as this is a food item it is completely safe for your little one to taste and explore! You can use different colours/flavours. This is such an amazing sensory experience!

Top tip: Using sugar-free jelly, is great if you want to watch your little one's sugar intake. Also this jelly sets much quicker than regular jelly, using less cold water creates a firmer jelly to explore.

(Please note: this isn't suitable for vegetarians)



Pasta Play!!

Dry pasta is wonderful in a tray, large plastic bowl or tuff spot, simply add cups and spoons (large spoons for younger children, teaspoons for older children who have better hand-eye co-ordination). Great for mathematical development, emptying and filling plus counting the pasta and measuring and comparing quantities.

Cooked pasta is a fantastic sensory play idea! This can be coloured too using food colouring.

There are so many possibilities with pasta play! You could choose cooked spaghetti! Or pasta twists, ribbon, or shells.....

Please note: This activity requires close supervision due to the choking risk.



Sand Trays!

Sand! A-M-A-Z-I-N-G!!! Wet or dry..... Opportunities are endless... hours of learning and fun!

Great stress reliever too for little ones.



Water Play!

Fill a washing up bowl with water, ice cubes, and cups

This makes such a great sensory experience for little ones to enjoy especially during the summer months (Please be extra careful when the ice melts it can sometimes become sharp).

The water can be coloured with food colouring too! Imagine.... Green coloured, tepid warm water with plastic frogs and ducks! #pond #cute

Please note: Very close supervision is required with any water based activity.

Safety Notice: All activities recommended are entirely at the supervising adults' risk, please take responsible care. Have fun!

Please feel free to like our Playtimes Facebook page or Instagram page, simply search 'Playtimes' and look for the rainbow!

We also have a Playtimes community page... feel free to add a join request! It would be lovely to see any pictures of your little ones enjoying Playtimes @home activities.