

Preparing for Messy Play

1. Set up a designated area outdoors for easy cleaning.
2. Dress children in aprons, old clothes, or togs.
3. Use low tables or trough trays for easy access to materials.
4. Provide containers for pouring, scooping, and mixing.
5. Keep a tub of clean water and a towel nearby for quick hand washing.

With a little preparation, you can turn messy play into a creative, engaging, and stress-free experience for everyone!

Messy Play Recipes

GLOOP

Ingredients:

- 2 cups Cornflour
- 1 cup cold water
- Food colouring (optional)
- Flavour essence (optional)

Method:

1. In a bowl, add cold water to the cornflour.
2. Stir until all of the water has been absorbed.
3. Add a few drops of food coloring and/or flavor essence (optional), and stir.

FINGER PAINTING

Ingredients:

- 2 cups of flour
- 2 tablespoons of sugar
- 2 teaspoons of salt
- 2 cups of cold water
- Food coloring or natural colorings (e.g., beet juice, turmeric)

Instructions:

1. **Mix Dry Ingredients:** In a bowl, combine the flour, sugar, and salt.
2. **Add Water:** Gradually add the cold water to the dry mixture, stirring continuously to avoid lumps.
3. **Cook the Mixture:** Pour the mixture into a saucepan and heat over medium heat. Stir constantly until the mixture thickens to a smooth, paint-like consistency (about 5-7 minutes).
4. **Cool Down:** Remove from heat and let the mixture cool completely.
5. **Add Color:** Once cool, divide the paint into separate containers and add a few drops of food coloring to each, stirring well to mix. You can also use natural dyes like beet juice (pink), spinach water (green), or turmeric (yellow).

This finger paint is smooth, safe, and perfect for little hands to explore creativity while learning through sensory play!

SLIME

Psyllium Husk Slime Recipe	<ul style="list-style-type: none">• 1 cup cold water• Food colouring• 1 Tbsp Psyllium Husk	<ol style="list-style-type: none">1. Add the water and a few drops of food colouring to a large microwave-safe bowl.2. Sprinkle Psyllium Husk onto the water and whisk together.3. Put the mixture into the microwave for 5 minutes on high.4. Allow to cool.
Jelly Slime Recipe	<ul style="list-style-type: none">• ½ cup warm water• 1 cup cornflour• 1 packet of sugar-free jelly (9 grams)	<ol style="list-style-type: none">1. Mix the cornflour and the jelly powder in a large bowl.2. Add the water to the bowl slowly while continuing to mix.3. Place the slime onto some baking paper and knead it into a ball.4. You can play with it immediately or wait until it dries a little and becomes a putty.
Chia Seed Slime Recipe	<ul style="list-style-type: none">• 1 + ¾ cup cold water• ¼ cup Chia Seeds• Food colouring• 3-4 Cups of cornflour	<ol style="list-style-type: none">1. Mix Chia Seeds, water and the food colouring in a large bowl.2. Place the bowl in the fridge overnight.3. Add the cornflour one cup at a time until the consistency is right.4. Store in the fridge and add a small amount of water each time you use it.

PLAYDOUGH

Ingredients:

- 3 cups flour
- 1 cup salt
- 2 tablespoons cream of tartar
- 2 tablespoons oil
- 1-2 teaspoons food colouring
- 1-2 teaspoons flavour essence
- 2 cups warm water
- ½ cup flour (for kneading)

Method:

1. Mix all the dry ingredients in a large bowl.
2. Add the oil, food colouring, flavour essence and warm water.
3. Mix together until the mixture is combined.
4. The mixture should be sticky but not too sticky. Add more flour or water as needed.
5. Pour ½ cup of flour onto the table and knead the dough together.
6. Have fun, play and get creative!

Alongside playdough, many different resources can be used to add to the play.

Here's some ideas:

- Scissors (child safe)
- Shells
- Shape cutters
- Flowers
- Rolling pins
- Cooking utensils
- Stones
- Plastic or wooden animals

**HAVE
FUN**