



More Messy Play

Dear Parent and Playworker

After our successful Messy Play, Messy Play Two and Culture Play we now bring you More Messy Play!

Children love to get muddy, covered in paint and stuff when playing, we call this Messy Play!

Play is essential to children's development. Messy Play can help develop children's senses as they explore the different textures. Messy Play is also good for sensory play.

Should you have any Messy Play 'recipes' or pictures you would like to share with us, please email them to info@playscotland.org

Happy Playing!
Play Scotland



Leaf Printing

What you need:

- ✎ Leaves – try and get difference shapes and sizes
- ✎ Paper
- ✎ Poster paint in various colours



What to do:

Paint the leaves then press painted side down on paper and lift off gently.

Leaf People & Bugs

What you need:

- ✎ Leaves – try and get difference shapes and sizes;
- ✎ twigs; berries (watch with under 3s)
- ✎ Glue
- ✎ Paper



Scarecrow

What you need:

- ✎ Empty toilet roll holder
- ✎ Glue
- ✎ Lolly pop sticks
- ✎ Baking case
- ✎ yellow paper for hair
 - cut into very fine strips



Tin Can Robot

What you need:

- ✎ Empty tin – please ensure all edges are smooth
- ✎ Glue
- ✎ Empty bottle tops and rims
- ✎ Paint
- ✎ Googly Eyes
- ✎ juice can tops



What to do:

Try difference sized tins and different colour paints and see what designs you can make. You can also use these to store your pens and crayons

Magic Mud

What you need:



Clean earth

(you can buy small bags from DIY stores)



Water



Baking Soda



Crushed chalk or powdered tempera paint
(optional)



Vinegar (in squeezezy/trigger bottle)

What to do:

In a basin add baking soda to the earth with a little water until it turns to mud.

Make mud pies etc and to add a 'topping' use the crush chalk/paint.

Once you have your creation, spray with vinegar and watch it bubble!

Popping Hopscotch

What you need:



Bubble wrap cut into squares



Paint



Animal Handprints & Footprints

What you need:



Paint



Paper

What to do:

A few designs to try, we would love to see your designs at info@playscotland.org



Magnetic Leaves

What you need:



Leaves



Feathers



Magnetic strips



Laminator



Googly eyes

What to do:

Collect leaves, flowers and feathers when out and laminate these. Cut out and glue magnetic strips on the back. Add eyes to make leaf people. Use baking trays or fridge door as the canvas.

Shaving Foam Snow

What you need:



Paint



White glue



Thick paper



Food colouring (optional)



Small plastic bowl – use one for each colour



Small paintbrush

What to do:

Note: If you want snow then do not use food colouring, if you want to add colour mix a small amount of glue with one drop of food colouring in a plastic bowl. Add an equal amount of shaving cream to the glue and stir. Use the paintbrush paint pictures with the shaving cream onto thick paper. Let the picture dry. When the picture has dried, the shaving cream will be puffy - just like real snow!

Frozen Snow – use all year round!

What you need:



Shaving foam



Food colouring (optional)



Bowl to put in freezer

What to do:

Mix foam and few drops of food colouring in a bowl and freeze. Leave for a few hours, then bring out and play!

All year round snow - Great for Sensory Play

What you need:



Shaving foam



Cornstarch

What to do:

Combine equal parts shaving foam and cornstarch in a bowl and mix with your hands. This will form a biscuit type dough. The more you mix it the finer your snow! This can be combined to make snowballs.

Snow Dough

What you need:



1 cup baking soda



1 cup cornstarch



$\frac{3}{4}$ cup water



Glitter



Drop peppermint extract

(optional – please ensure children don't eat)



What to do:

Combine the baking soda, cornstarch, water and peppermint extract in a saucepan and heat over a medium heat. Stir until a soft dough forms. Allow to cool. Sprinkle the glitter over the dough and knead to combine. Tip: can be stored in an air tight container.

Cloud Dough (Sand)

What you need:



4 cups of flour



1 cup of baby oil



Glitter (optional but will make dough sparkle)



Food colouring (optional)

What to do:

Add into a bowl and mix until it gives a consistency of pastry. This when used will be like wet sand.

Tip: Use empty yogurt pots to make sandcastles!

Fizzy Magic Sand

What you need:



Play sand



Cold water



Baking soda



Basin



Food colouring



Vinegar (in squeezey/trigger bottle)

What to do:

Mix the play sand and one box of baking soda in the basin (The more baking soda that is used the more magic there will be!). Add a small amount of water at a time until feels like wet sand. Build a few sandcastles.

To make the magic: add food colouring to the vinegar and spray onto your sandcastles, this will make them fizz!

Modelling Clay

What you need:



2 cups salt



2/3 cups water



Saucepan



1 cup cornstarch



1/2 cup cold water



Paint / Glitter / Markers

What to do:









Stir salt and water in a saucepan over heat 4-5 minutes. Remove from heat; add cornstarch and cold water. Stir until smooth; return to heat and cook until thick. Allow the clay to cool. Shape as desired.

When dry, decorate using for example paint, markers, glitter etc. If you would like to protect colours use clear acrylic spray or clear nail polish. Store unused clay in a Ziploc bag.



No-Bake Craft Clay

What you need:

-  1 cup cornstarch
-  1 1/4 cups cold water
-  2 cups baking soda
(1lb in weight)
-  Saucepan
-  Food colouring (optional)
-  Plate and damp cloth
-  Tempera or acrylic paints (optional)
-  Clear acrylic spray or nail polish



What to do:

Combine cornstarch, water, and baking soda in saucepan; stir over medium heat for about 4 minutes until mixture thickens to a moist mashed potato consistency. (For coloured clay, add a few drops of food colouring to the water before it is mixed with cornstarch and baking soda.)

Remove from heat, turn onto plate, and cover with a damp cloth until cool.

Knead until smooth. Shape as desired or store in an airtight container or Ziploc bag.

Dry sculptures overnight, then paint with tempera or acrylic paint. Seal with acrylic spray, or nail polish.

Homemade Silly Putty

What you need:

- ✋ 2 parts white glue (all purpose glue)
- ✋ 1 part liquid starch
- ✋ Small mixing bowl
- ✋ Food colouring (optional)
- ✋ Airtight container (to store)

What to do:

Combine glue (food colouring) and starch in a bowl and mix well, let this sit for 5 minutes. Set on paper towel to get rid of any excess. Knead putty for 5 to 10 minutes.

Note: If the putty sticks to your fingers add a few drops of liquid starch. If it doesn't stick together, add more glue. Silly putty should "bounce".



Wax Paper Art

What you need:



Glue



Liquid tempera paint or food colouring



Paintbrush



Wax paper



Colourful leaves

What to do:

Mix glue with tempera paint or food colouring to achieve a bright colour (or use coloured glue thinned with a little water). Using a brush, paint glue onto two pieces of wax paper of the same size (the paper should be well coated with glue).

Stick colourful leaves onto the glue on one piece of paper, then cover with the other sheet. Press together to stick, then hang in a window.

Tip: Try using feathers, or pressed flowers.



Glo in Dark Gloop

What you need:



Basin



Cold Water



Corn starch



Glo in the dark paint

What to do:

Mix corn starch and water together until you have correct consistency. Add a few drops of Glo paint into the mixture. This will glo in the dark.

Glo in the Dark Bowling

What you need:



Empty plastic bottles



Cold water



Glo sticks



Ball

What to do:

Fill the empty bottles with cold water. Break glo stick to activate it. Pop in the bottle and close the lid. Time to bowl!



Rolling Pin Art

What you need:



Rolling pin



Paints on a flat tray



Paper



Tape



Items which can be wrapped round rolling pin
i.e. elastic bands in various widths; bubble wrap;
string in various widths

What to do:

Wrap an item round the rolling pin to create a stencil. Paint rolling pin and roll onto paper – see what art shapes you can create.

Tip: If you don't have a rolling pin, try using a cardboard tube. You can also get large sheets of paper, place blobs of paint on this and roll over the paint to see what shapes this creates.

Treasure Chest

The undernoted are ideal to keep in a 'treasure chest' to play with and can also be transported easily.

Collect various items when you are out walking:
smooth and rough pebbles, shells; small sticks, etc

Household items: milk bottle tops; yoghurt cartons; silver foil; buttons; beads; lolly sticks; feathers; glass beads.

Let your child's imagination run wild.

Note: Supervision required with young children due to loose parts

Play Scotland works to promote and deliver the importance of play for all children and young people, and campaigns to create increased play opportunities in the community. Formed in 1998 to support the Child's Right to Play and make children's right to play a reality in Scotland.

The work of Play Scotland is underpinned by the UN Convention on the Rights of the Child Article 31:

“State parties recognise the right of every child to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts”.

Also available in this series:

Messy Play, Messy Play Two and Culture Play

www.playscotland.org

Play Scotland
Midlothian Innovation Centre
Pentlandfield
Roslin
EH25 9RE

Tel: 0131 440 0456
Email: sharonmccluskie@playscotland.org
www.playscotland.org

Scottish Charity Number SC029167
Company Number 017785 registered at the above address

© Booklet is copyright to Play Scotland

Printed on 100% Recycled Paper