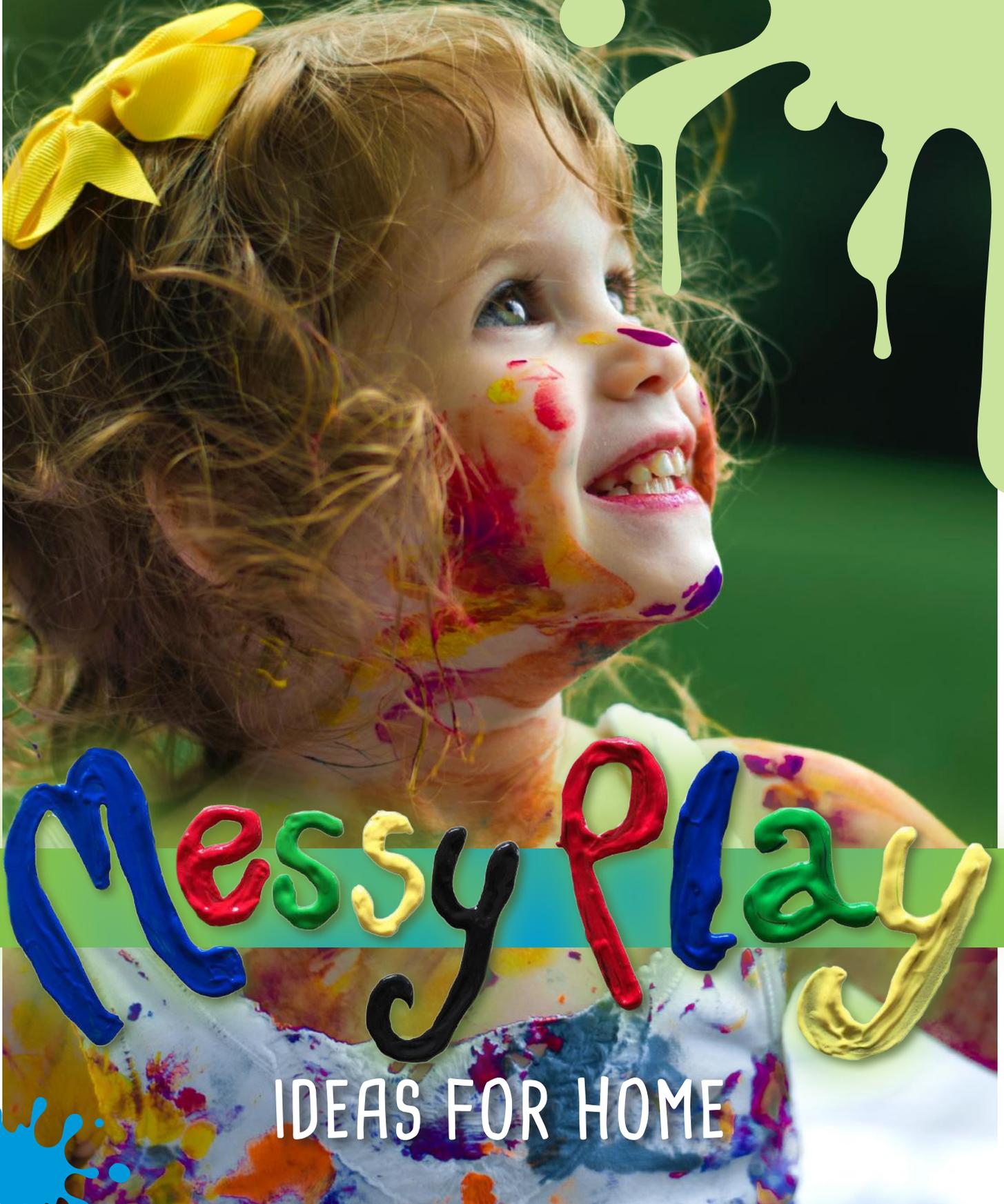




IntraQuest
THE GREATEST JOURNEYS START WITHIN Community



Messy Play

IDEAS FOR HOME



THE AMAZING BENEFITS OF

Messy Play



CHILDREN LEARN AND DEVELOP THROUGH PLAY - ESPECIALLY UNSTRUCTURED, EXPLORATORY PLAY.

Messy play focuses on exploring and experimenting with different types of materials without there being any requirement for any end product such as the creation of a model. This enables children to make their own discoveries using their senses, curiosity and knowledge, which can boost their confidence, self-esteem and resilience.

The exploratory nature of messy play means that there is no right or wrong way to do it. This allows any child to participate, whatever their developmental level, and benefit from it. It's also a very sociable activity, but one that doesn't rely on words. Children can play with others and share their discoveries without needing to explain things verbally.

However, messy play can promote the development of a wider vocabulary for example, by describing sensations, textures and the emotions triggered by such play. It can also help children in becoming more in tune with their own bodies and the world beyond themselves by noticing what is 'me' and what is 'not me'.

Messy play can stimulate the child's senses (touch, sight, sound, smell and taste) and may have a deeply calming, regulating impact on children who are struggling with difficult feelings.

TOP TIP

PREPARATION!

These activities can result in varying degrees of mess! Preparation is key:

- Only use substances that you know your child is not allergic to
- Use a space that can be cleaned easily
- Cover surfaces
- Ensure your child is in suitable clothing for getting messy
- Have a cloth or wipes ready before your child touches any furniture or walls

KEY QUESTIONS TO ASK YOURSELF



Where will you hold your messy play sessions?

Environment is key. Will it be outdoors, in the kitchen, or perhaps in the bathroom?

What will you use to contain the mess?

How about a tough tray, underbed-box tray, Ikea tray, or paddling pool?

What messy play substance are you going to introduce to the children? What extra things might you add?

We have lots of recipes in this brochure and one of our therapists James, has released some recipe videos on YouTube to inspire you! It's important to choose something you feel comfortable with...there are different tolerance levels and allergies to different things. Here at IntraQuest we like: Play dough; Paint; Water Beads; Cornflour Play; Crunched up cereals; Mud and Gelli Baff. You might also want to add some kitchen pans, jugs colanders or maybe some spoons, plastic toys - anything that can wash!. If you have a young person in your household why not change the activity to things like baking bread, or making slime in a science experiment?

What are your rules?

Each person has different toleration levels to mess. If you are joining in, work out what rules you have. Children will often want to push boundaries! Some people are OK with mess on their hands, others don't mind it on their face! Work out what your rules are to keep everyone safe and enjoying the experience.

What will you wear?

It's important that both you and your children wear old items of clothing for any messy play sessions. Aprons and latex gloves can be great protective clothing, however, they can feel restrictive and get in the way of truly enjoying the experience, so think this one through.

What cleaning equipment do you need?

This depends on the mess, but usually it's a good idea to have access to a bowl of water/hose, wipes, dustpan and brush, tablecloth or mat during the messy play fun!

Messy Play RECIPES

RECIPE 1 EDIBLE PAINT



YOU WILL NEED...

- 2 Large tubs of Greek Yoghurt
- Food colouring
- Bowls and plates

WHAT TO DO

1. Split the Greek yoghurt into 4 bowls.
2. Add different food colouring to each bowl (gel food colouring works best).
3. Paint the coloured yoghurt on plates or trays or paper using fingers.

RECIPE 2 CORN FLOUR GLOOP



YOU WILL NEED...

- 2 cups of corn flour
- 1 cup of water
- 2 drops of food colouring
- Washing up bowl/large container

WHAT TO DO

1. Place the cornflour into a large container and place a few drops of colouring into the centre.
2. Pour water into the container.
3. Mix the water into the cornflour and colouring - it will take time to mix into gloop.

Messy Play RECIPES

SPARKLE SOAP MUD

YOU WILL NEED...

- 1 Toilet roll
- 2 Jugs or warm water
- Biodegradable glitter
- Washing up bowl/tray/large container

WHAT TO DO

1. Grate the bars of soap into a heap of shavings in a washing up bowl
2. Tear up the toilet roll and add to the bowl
3. Pour in the jugs of warm water (the water needs to be reasonably warm to melt the soap)
4. Stir with a big spoon, or even use a potato masher and whisk to get a really bubbly, smooth mush
5. Add glitter

SAND FOAM

YOU WILL NEED...

- Clean Sand
- Shaving Foam
- Washing up bowl or tray

WHAT TO DO

1. Add 3 cups of sand to a tray or washing up bowl
2. Gradually add the shaving foam and combine using hands
3. Add more shaving cream until desired consistency is made.

RECIPE 3



RECIPE 4



MORE IDEAS

Messy Play

BATH TIME

Baths provide a valuable opportunity for children to play with water. Offer your child time to play as well as wash. Bath toys are not needed — plastic cups and plastic bottles are just as good!

SAND AND SOIL

Digging in sand or soil, feeling it run through your fingers, making sandcastles and mud pies is all about exploring. Provide a few utensils such as plastic trowels, buckets etc.

BUBBLES

Lots of children (young and old) love bubbles whether it's bubble mixture blown from a wand or frothy bubbles made from washing up liquid.

PLAY DOUGH

You don't need expensive tools or anything in particular to enjoy play dough. Children have fun exploring it through squeezing, rolling, stretching and squelching.

FOODSTUFFS

Pasta -cooked and chilled or dry, is great for exploring textures. Other dried foods such as cereals can be scrunched. Jelly, mashed potato, ice cream and even baked beans all provide interesting sensory experiences!

NATURAL WORLD

Puddles are there to be splashed in, autumn leaves to be jumped in, and mud to be dug around in! There are lots of natural opportunities for messy play in the outdoors.



IntraQuest
THE GREATEST JOURNEYS START WITHIN
Community