

# MORE MESSY PLAY



**iPLAY**  
SCOTLAND

*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](mailto: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 different 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
- Crushed chalk or powered tempera paint (*optional*)
- Vinegar (in squeezey/trigger bottle)
- Baking soda

### 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](mailto:info@playscotland.org)!

# Magnetic Leaves

## What you need:

- Leaves
- Magnetic strips
- Googly eyes
- Feathers
- Laminator

## 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 a fridge door as the canvas.

# Shaving Foam Snow

## What you need:

- Paint
- Thick paper
- Small plastic bowl – use one for each colour
- Small paintbrush
- White glue
- Food colouring *(optional)*

## What to do:

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 to paint pictures with the shaving cream onto the thick paper. Let the picture dry. When the picture has dried, the shaving cream will be puffy - just like real snow!

# Frozen Snow

## What you need:

- Shaving foam
- Bowl to put in freezer
- Food colouring *(optional)*

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

## What you need:

- Shaving foam
- Cornflour

## What to do:

Combine equal parts shaving foam and cornflour 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 of baking soda
- 1 cup of cornflour
- $\frac{3}{4}$  cup water
- Glitter
- Drop of peppermint extract (optional – please ensure children don't eat)



## What to do:

Combine the baking soda, cornflour, 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
- Glitter (optional but will make dough sparkle)
- Food colouring (optional)
- 1 cup of baby oil

## 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
- Baking soda
- Food colouring
- Vinegar (in squeezey/trigger bottle)
- Cold water
- Basin

## 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 it 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 of salt
- Saucepan
- 2/3 cups of water
- Paint/glitter/markers
- 1/2 cup of cold water
- 1 cup of cornflour

## What to do:

Stir salt and water in a saucepan over heat 4-5 minutes. Remove from heat; add cornflour 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 of cornflour
- 1/4 cup of cold water
- 2 cups of 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 the cornflour, water, and baking soda in the 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 cornflour and baking soda.)

Remove from heat, turn onto the 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 a 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 the glue with the 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.*



## Glow in Dark Gloop

### What you need:

- Basin
- Cornflour
- Glow in the dark paint
- Cold water

### What to do:

Mix the cornflour and water together until you have correct consistency. Add a few drops of glow paint into the mixture. This will glow in the dark.

## Glow in the Dark Bowling

### What you need:

- Empty plastic bottles
- Glow sticks
- Cold water
- Ball



### What to do:

Fill the empty bottles with cold water. Break glow sticks to activate them. Pop them in the bottles and close the lid.

Time to bowl!

We would love to hear from you, or your child,  
if they have more ideas for Messy Play!

Email: [info@playscotland.org](mailto:info@playscotland.org)

## Rolling Pin Art

### What you need:

- Rolling pin
- Paper
- Items which can be wrapped round rolling pin i.e. elastic bands in various widths; bubble wrap; string in various widths
- Paints on a flat tray
- Tape

### 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

You can keep these items 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.

*Note: Supervision required with young children due to loose parts*

Play Scotland works to promote 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 activity appropriate to the age of the child and to participate freely in cultural life and the arts".*



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