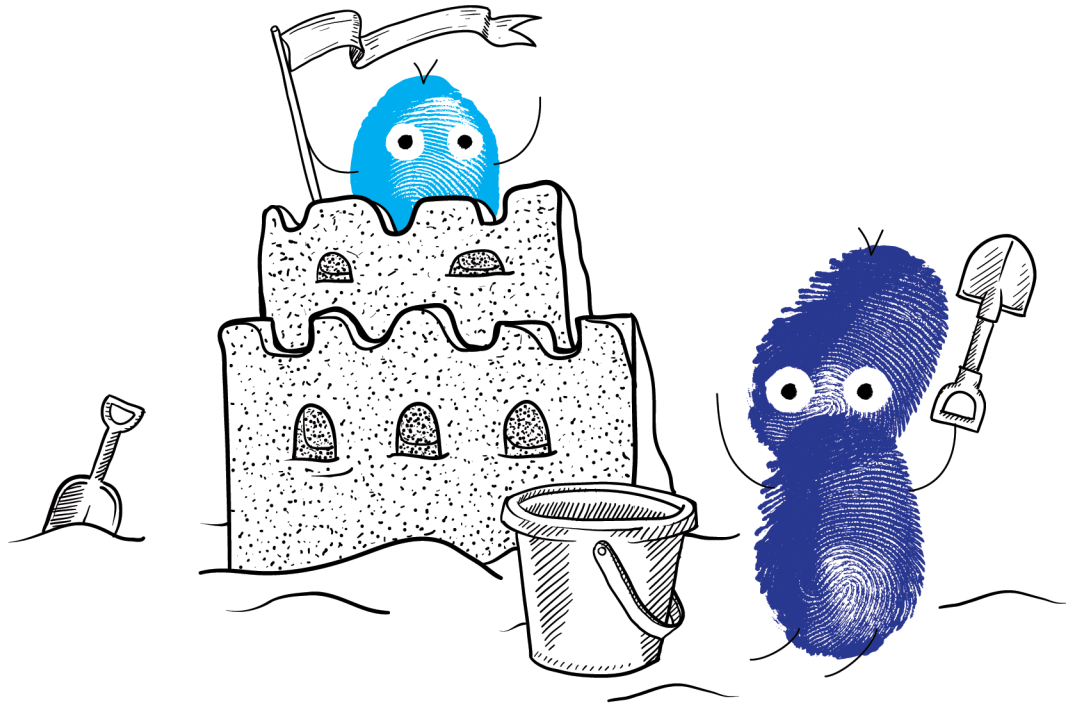


Activity Card



- The activities are designed for small group work.
- The idea is to deliver one activity per day.
- Many of the activities can be planned as part of a circle time.

Strand: Learning to play

Statement:	I can enjoy sensory/messy play	Stage:	1
Key vocabulary to develop:		What do those feelings feel like in our bodies?:	
Messy Dirty Clean		Ask the children to describe the feelings in their bodies	
What feelings might we talk about?:		What strategies might be developed?:	
Worried Tense		Trying to have fun and enjoying myself	

Activities

Activity 1: Introduction

Explain to the children that these activities are designed to encourage them to enjoy the sensory experience of messy play. Talk about the feelings they might have about this, and the strategy you want them to develop.

Activity 2: Sand Mousse

You will need: sand, water, washing up liquid, a wipeable surface and powder paint (optional)

Set each child up with a small pile of play sand on a wipeable surface. Let the children know that they can squirt a really big dollop of washing up liquid into the sand. Next mix in the water, a small amount at a time, until you end up with a frothy mousse like consistency. Adding powder paint will colour the mix and add to the messiness!

What does it feel like?

Activity 3: Clean Mud

You will need: a bar of soap (grated), a roll of white toilet paper, warm water, mixing bowls and glitter (optional)

Set up each child with a mixing bowl, grated soap and toilet paper. Have several jugs of warm water nearby. Instruct the children to tear the toilet roll into lots of tiny pieces and add to their bowl. Next, mix in a small amount of water at a time, until you end up with a frothy, mud like, consistency. Add glitter for extra messiness!

Activity 4: Cloud Dough

You will need: flour (any kind), baby oil, mixing bowl, food colouring (optional) and plastic playdough/cookie cutters (optional)

Set each child up with a mixing bowl and some flour. Pass around the baby oil and instruct the children to squirt it into their flour. Mix the baby oil into the flour until you get a breadcrumb consistency which stays in shape when squeezed. Add food colouring for an extra special effect. Allow time for the children to play with their dough.

What shapes can you make?

Activity 5: Reflection

Spend some time talking with the children about the messy play activities. What did they like about them? Was anything difficult for them? Were they able to relax and enjoy themselves? How did they feel? What other things do they do that remind them of messy play (such as mixing food when cooking, or playing outside when it has been raining)? Can the children remember the key vocabulary and the meaning of the words?