

Ten brilliant, safe, messy and creative ideas to try at home:

1. Rice play - Coloured with food colouring or just plain, add spoons, pots, pans, colanders....it's sensory, GREAT for scooping and pouring and measuring.



INGREDIENTS

- ✚ 1 c. rice, per color (6 c. total)
- ✚ 1/2 tsp. water, per color
- ✚ 15 –20 drops food coloring, per color (you'll need red, orange, yellow, green, blue, and purple)
- ✚ 6 plastic baggies or a reusable plastic container that you don't mind gets stained

INSTRUCTIONS

- Place 1 c. of rice into each baggie.
- Mix 1/2 tsp. of water + 15-20 drops of food colouring per colour.
- Place into the baggie, zip up completely and then shake the heck out of it until the colour has spread evenly. You might need to add another 1/4 tsp of water along with a couple more drops of colouring if it doesn't coat it perfectly.
- Place the rice out on a piece of parchment paper, aluminium foil, baking sheet, or paper towel and allow to dry.
- Repeat for the other 5 colours.
- Once completely dry, pour all colours into a small storage bin.

2. Edible paints - You can try finger painting with things like yoghurt or whip (with some food colour added?), mix up a super simple edible paint with flour and warm water and a bit of colouring OR try one of the cornflour paint recipes. Set out some large sheets of paper (lining paper is cheap and brilliant for this) and let your little artist get making marks and creating masterpieces!



HOMEMADE EDIBLE FINGER PAINT RECIPE

INGREDIENTS

- ✚ 2 cups of corn flour
- ✚ 1 cup of cold water
- ✚ 4.5 cups of boiling water
- ✚ Liquid food colouring

INSTRUCTIONS

- Mix the cornflour with the cold water and stir together.
- Pour in the boiling water and stir between each cup. It goes really strange (you are basically mixing a hot oobleck goop) but keep stirring and it literally seems to "melt" into a wonderful, custard-like consistency.
- Separate it into individual jam jars and add colouring.

3. Jelly on a Plate!

Wibble wobble, wibble wobble.....hide some toys in jelly and let them dig them out! OR use jelly granules with a small amount of water to create a paste – you've got jelly paint!!



INGREDIENTS

- ✚ jello (any brand)
- ✚ warm water
- ✚ containers or muffin tin
- ✚ something to stir with (we used craft sticks)

INSTRUCTIONS

- Put about a third of the package of jello into small container.
- Put in enough warm water just to cover the top of the jello.
- Stir the water and jello together and repeated with the other colours.

4. Oats or cereal Play

For those who are mess averse – a box or tray of oats or dry cereal can provide a fab dry play material! Add trucks and diggers and it can become a building site.....pour water in too and start mixing up some concrete!



5. Gloop!

Is it a solid, is it a liquid??...it's rare to find a child (or adult!) who isn't fascinated by gloop! Mix it up with cornflour and water – super simple slime with some colour added!



INGREDIENTS

- ✚ A cup of cornflour
- ✚ Up to one cup of water
- ✚ food colouring (optional)

INSTRUCTIONS

- Place your cornflour and some food colouring into a bowl.
- Gradually add your water and start mixing.. until you have a slime/ solid consistency.
- If need be add a little water.. or cornflour depending on which you need!
DONE. Play.

6. Cloud dough

Super soft, mouldable just like sand (but not as gritty!) and SO easy to make.....just grab some flour and add some veg oil.....mix with your fingers to achieve a crumbly mouldable texture.....now PLAY!



INGREDIENTS

- ✚ 2 cups of all-purpose flour
- ✚ 1/4 cup Vegetable oil canola / olive oil
- ✚ 5-10 drops Oil based food colouring

INSTRUCTIONS

- Make at least 4 colours. Use your kitchen measuring cups and don't guesstimate else your cloud dough recipe will be too wet.
- Premix colouring in the oil before adding it to the flour.
- Mix your ingredients in a zip lock bag. Knead and shake around until mixed as much as possible.
- Before you play you will have to get your hands into the mix to pinch the flour to distribute the remaining oils and colouring. At this point, it should be mixed well enough that your hands will not stain.
- Empty out into a sensory tub for playing.
- If you do this activity indoors a large bed sheet or shower curtain is recommended for under the sensory tub to catch little messes

7. Chocolate mud

Just follow the cloud dough instructions above – and chuck in some chocolate powder! Add some plastic pots and a few vegetables and you've got your very own veg patch to dig and play with! Kept in a sealed airtight box between play sessions this should keep for quite a while!



8. Spaghetti/pasta play

Brilliant for developing those fine and gross motor skills and pincer grips, playing with spaghetti is always a big hit and it's so easy to do! Cook until just cooked, drain and stir in some food colour if you want to brighten it up a little.....how much fun?!



INGREDIENTS

- ✚ Spaghetti
- ✚ Trays
- ✚ Gel Food Dye
- ✚ Towel
- ✚ Scoops and Toys
- ✚ Plastic Gloves

INSTRUCTIONS

- Cook the spaghetti just like you would cook it if you were planning on eating it and remove it before the spaghetti is fully cooked.
- Rinse them out very well in cold water to remove excess starch.
- Lay a towel down on my table and set out the crafting trays. On the crafting trays, portion out the noodles for each colour you plan on making and then let them sit until they cool down enough to touch.
- Put plastic gloves on, scoop out some of the gel food dye and then work it into the pasta until it is fully saturated. Set the tray aside, wash your hands, and repeat on the next colour.
- After every tray is coloured allowed them to sit untouched for about 45 minutes or until the dye is dried. Giving the pasta a chance to dry and the dye to get absorbed will prevent a transfer of colours to your kids hands.

9. Flour

Never underestimate the play properties of plain old flour! It's a snowy scene, it's a snow storm! It's great for piling up and knocking down! You can make marks, draw patterns, write your initial....get set GO!



10. Foam Dough

Ok, so for this one you're going to be raiding the bathroom cabinet as well as the kitchen cupboard! Cornflour AND shaving foam – mix together and crumble with your hands to create some super snow! This isn't one for babies who are just going to pile it straight into their mouths but older kids can have hours of fun mixing and playing with this one!



INGREDIENTS

- ✚ Shaving foam
- ✚ Cornflour
- ✚ Food colouring (optional)

INSTRUCTIONS

- Mix together and play ☺

