

# Messy and Sensory Play Ideas

## Rainbow Bubble-fest

### Materials:

- Water
- Dish Soap
- Food Colouring



### Steps:

1. Pour dish soap into your container
2. Run water to let suds form.
3. Pour off most of the water until there is only about an inch left.
4. Drop in food colouring!

## Cloud Dough

### Materials:

- 8 cups flour
- 1 cup oil (vegetable, canola, baby)

### Steps:

1. Mix

## Shivery Snow

**Step 1:** To make "Shivery Snow" simply follow the easy instructions to make cloud dough (use vegetable oil instead of scented baby oil).

**Step 2:** Once you've made the basic cloud dough add a sprinkling of cinnamon or some peppermint essence for a Christmas Scent and a good shake of silver glitter.

**Step 3:** Put your "snow" in the freezer for a couple of hours or overnight to make it Shivery!

**Step 4:** When you're ready to play, put your "Shivery Snow" in a tub, throw on some ice cubes, sprinkle over some more silver glitter and add any little Christmas-y touches for some imaginative play.



## Ice Boats

### Materials:

- Food colouring
- Straws,
- Sticky tape and craft foam for the sail (it is water proof and light)
- Containers for freezing the water in

### Steps:

1. Pour water into containers and add food colouring.
2. Freeze.
3. Add the straw sails to the ice boats when they were partly frozen. You could alternatively use blutac or plasticine at the bottom of the container when adding the water.



## Paint Pops

### Materials:

- Paint
- Ice cube tray
- Pop sticks
- Paper
- A divided paint tray



### Steps:

1. Place paint in ice cube tray
2. Part way through freezing, place pop sticks in and continue freezing.
3. Remove paint pops from freezer and place in paint tray.
4. Paint!

## Spaghetti Painting

### Materials:

- 1 Package of spaghetti (cooked)
- Tempra paint
- Large paper and a surface to tape it to (a fence, outdoor wall)

### Steps:

1. Tape large paper to fence or outdoor wall.
2. Place even amounts of spaghetti in different colours of paint.
3. Allow children throw spaghetti at the paper.



## Oobleck

### Materials:

- 1 cup cornstarch
- Bowl
- ABOUT 1/2 cup water
- spoon
- pie plate
- food coloring

### Steps:

1. Empty 1 cup of cornstarch into a large bowl.
2. Stir while you add water SLOWLY -- don't add all of it if you don't need to.
  - You need the consistency of thick pancake batter.
  - It's better to add too little water than too much.
  - Take your time!



## Flubber

### Materials:

- 1 cup water
- 1 cup white glue
- 2 tbs liquid tempera paint or 7-10 drops food coloring
- 1 1/3 cups warm water
- 4 tsp borax



### Steps:

1. Mix water, glue and paint in a medium bowl.
2. In a second bowl, mix the warm water and borax together until borax is completely dissolved.

3. Slowly pour the water, glue and paint mixture into the water borax mixture (do not mix). Roll or swish water, glue and paint around in the water and borax mixture 4-5 times.
4. Lift the water, glue and paint solution out and knead .
5. Store in airtight container or plastic zip bag.

## Salt Dough

- 1 part Salt
- 2 parts Flour
- 1 part Water

Mix up the ingredients until they are the consistency of bread or pizza dough. If it feels too dry, add a little bit of water. Or, if it seems too sticky, add a little more flour and salt. Leave out to dry or bake at 250 degrees.

## Rainbow Sensory Rice Bags

### Materials:

12 cups of rice (2 cups per bag),  
Food colouring (alternatively you can use paint to colour the rice)  
Sandwich zip lock bags  
Container with a secure lid

### Steps:

1. Pour two cups of rice into a plastic container with a secure lid.
2. Add a decent amount of colouring and shaking it up until all the colouring is mixed through (add more colouring if needed)



3. Put the coloured rice into a zip lock bag.
4. Repeat for different colours.

## Relax Jars



### Materials:

- A clean plastic bottle, label removed.
- Clear glue
- Warm water
- Glitter glue
- Glitter

### Steps:

1. Fill bottle with about 3/4 with warm water.
2. Add glitter glue and a small amount of ultra-fine glitter.
3. Add clear glue.
4. Keep adjusting ratio of the mixture until the glitter settles at about 5 min. (Add more clear gel glue to make it go slower or more water to make it settle faster.)

## Sources

Gainsley, Susan (2011). *Look, Listen, Touch, Feel, Taste: The Importance of Sensory Play*.

Forester, Sharon. *Messy Play*. Retrieved at [www.playscotland.org](http://www.playscotland.org)