

# MESSY

PLAY

# 2



**XIPLAY**  
SCOTLAND

## Dear Parent and Playworker,

After our successful Messy Play booklet we now bring you Messy Play Two!! Messy Play is cheap and cheerful and a great way to have fun with your child.

Remember to dress for mess...

Old t-shirts, aprons and cover floors with newspapers or plastic sheets.

And most importantly of all...

Have fun!



"Investing in children's play is one of the most important things we can do to improve children's health and wellbeing in Scotland"

Sir Harry Burns, Chief Medical Officer Scotland

"Creative play is like a spring that bubbles up from deep with a child"

Joan Almon Contemporary American Educator

# Homemade Face paint

## What you need:

- 1 tsp. of cornflour
- 1/2 tsp. of milk (whole milk will make it thicker)
- 1/4 tsp. of water
- Food colouring

## What to do:

Mix the milk and cornflour until blended.

Add one drop of food colouring at a time. Once you think it is dark enough, add a drop or two more as it will lighten up when it is used on your child's face.

Using a small paintbrush, paint pictures on your child's face. They can even paint your face too!

To remove, use a damp cloth or some kitchen roll.



# Absorbing Artwork

## What you need:

- Thick black card/paper
- School glue (liquid glue)
- Salt
- Food colouring
- A small dropper (can be obtained from chemists)
- Water

## What to do:

Using the liquid glue, design a picture on the black card. It works better if you can make the design without stopping the glue flow.

Cover the design with salt. Tap away the excess.

Mix water with food colouring in empty yoghurt pots. This is your paint.

Put the paint into the dropper and drop over your design. The salt will absorb the water and spread into your design.

Allow to dry.

# Microwave Play Dough

## What you need:

- 1 cup of flour
- 1 tbsp cream of tartar
- 1 cup of water
- ½ cup of salt
- 1 tbsp of oil

## What to do:

Mix all the ingredients (except flour) together in a microwave container.

Cook in microwave on high for increments of one minute, stopping and stirring as you go (takes approximately 5 minutes).

Once cool, knead with a bit of extra flour and your play dough is now ready to play with!

# Marble Painting

*\*Note: Not suitable for under 3s\**

## What you need:

- Marbles in various sizes
- Deep baking tray
- Paint in small saucers/bowls
- Paper

## What to do:

Place paper in the tray. Drop the marbles in the paint. Place the marble on paper and roll it about. See what different patterns you can make.

# Jewellery Clay

*\*Note: Not suitable for under 3s\**

## What you need:

- Cup of flour
- Cup of cornflour
- Toothpick, paints, string
- Cup of salt
- Warm water

## What to do:

Mix flour, salt and cornflour together into a bowl. Add warm water gradually, until you have a firm mixture which can be kneaded into a shape.

Roll the dough into small balls to make 'beads'. Pierce the 'beads' with a toothpick to allow you to string these later. Allow to dry. Paint as desired.

String your 'beads' to make jewellery or make bead strings for your Christmas tree.

# Play Dough Squishies

What you need:

- Play Dough
- Felt Pens
- Balloons

## What to do:

Add play dough into the balloons, tie and draw a face.

# Edible Paint

## What you need:

- Clear plastic cups
- 1-2 cans of condensed milk
- Food colouring
- Dark coloured paper

## What to do:

Put condensed milk into cups (empty yoghurt pots are ideal). Add the food colour.

Mix with a straw and use this to drizzle paint onto the paper.

If your child has a tendency to put paint in their mouth then this paint is safe to do so.

# Bread Paint

## What you need:

- Bread
- Food colouring
- Small container
- Milk
- Paint brush



## What to do:

Mix 1 tablespoon of milk with 4 drops of food colouring. Dip your paintbrush into the mixture and paint a picture on your bread. Ideal for Birthday breakfasts etc. You can also toast the bread as the colour will stay on.

# Homemade Moon Sand

## What you need:

- Play sand
- Water
- Cornflour
- Food colouring (if desired)

## What to do:

Mix the play sand and cornflour together. Add water until you have the consistency you want. A rough guide to quantities is: 5 cups play sand; 3 cups cornflour; 1 - 2 cups water. Add food colouring and play!



# Spaghetti Art

## What you need:

- Cooked spaghetti, cooled
- Liquid Glue
- Poster Paint
- Bowl, spoon and safety scissors
- Wax paper and coloured paper/card

## What to do:

Mix 1 tablespoon of glue with 1 tablespoon of paint in a bowl. Add 1 cup of cooked spaghetti and stir until covered. Take out spaghetti a piece at a time and arrange a design on the wax paper. Once dry (may take a few days) you can mount your design on coloured paper/card.



# Oatmeal Play Dough

## What you need:

- 1 part flour
- 1 part cold water
- 2 parts oatmeal

## What to do:

Mix all the ingredients into a bowl until smooth. Take out and knead together.



# Salt Play Dough

## What you need:

- 1 cup of water
- 1 cup of salt
- 1/2 cup of flour
- Pot

## What to do:

Mix all the ingredients into the pot over a medium heat until thick and rubbery. Once mixture cools, knead in some flour to make your play dough.

# Salt Dough Footprint/ Handprint Keepsakes

## What you need:

- 1 cup salt
- 1 cup plain flour
- Up to half a cup of water



## What to do:

Mix together in a large bowl and knead it until smooth and stretchy.

Roll flat and cut into a shape. Press foot or hand firmly into mixture.

Place in oven for approx 3 hours at a very low heat, to dry out and harden.

You can now paint this. Pearlescent acrylic paints are the best.

# Sensory Play Squishies

## What you need:

- Zip Lock Bags
- Paint/leaves/feathers
- Beans/shaving foam/custard/pulses
- Hair Gel

## What to do:

Add your choice of items in the bag. Fasten and tape to a window or on a piece of paper on flat surface.

Let your child squash and feel the different textures.

# Exploding Art – One for Outdoors!

*\*Note: Not suitable for under 3s\**

## What you need:

- Large piece of paper
- Zip lock sandwich bags
- Baking soda
- Cup and tablespoon
- Toilet paper
- Craft paint
- White vinegar

## What to do:

Spread a large sheet of paper on the ground. Scoop one tablespoon of baking soda into the centre of a square of toilet paper, fold into a bundle and place in one corner of the sandwich bag. Mix a 1/3 cup of vinegar with one tablespoon of paint and pour into the opposite corner of the bag. Seal the sandwich bag quickly, with a little air inside, and mix by shaking slightly and set down on the paper.

**\*Stand back! The bag will inflate and burst\***

You now have your work of art! Try using different colours of paint on the same piece of paper.

# Feet and Hand Flowers

## What you need:

- Various bright colours of poster paint in flat dishes
- Large sheet of paper
- Green poster paint

## What to do:

Lay the sheets of paper on the floor. Dip bare feet and/or hands into the paint. Make a flower head and then petal shapes in bright colours in the middle of the paper. Then use the green paint to make a stem.

Now you have your own Foot/Hand flower.



# Snow

## What you need:

- Laundry flakes
- 2 cups of warm water
- Mixer
- Food colouring (*optional*)

## What to do:

Add the water and flakes into a bowl and beat with a whisk until all fluffy.

Mould into shapes and leave to dry.

# Oobleck\*

## Dr Suess Slime

### What you need:

- Water
- Cornflour
- Food colouring (optional)

### What to do:

Mix 1 part water with 1.5 parts cornflour. Add more cornflour if you would like firmer Oobleck. Mix for approximately 10 minutes.

Mix in food colouring should you desire.

Add into a plastic container and play... try gently lowering your hand into the Oobleck and try and lift it out without bringing all the Oobleck with you!



*\*Oobleck is a non-Newtonian fluid: It acts like a liquid when being poured, but like a solid when force is put on it. You can grab it and then it will ooze out of your hands.*

# Lotions and Potions

## What you need:

- Water
- Food colouring
- Earth / sand / flour / glitter
- Ice cube trays, droppers, empty yoghurt pots, small plastic containers, plastic spoons, ice lolly sticks, fairy cake baking tray, etc.

## What to do:

Give your child all of the above ingredients and they can use their imagination to make potions.

# Spooky Potion

## What you need:

- Cauldron!!
- Vinegar
- Wooden Spoon
- Cold water
- Baking soda

## What to do:

Add two tablespoons of water into the cauldron and add one tablespoon of baking soda. Stir until it dissolves.

In a separate bowl add two tablespoons of vinegar.

Pour vinegar mixture into the cauldron and watch your potion bubble up...

# Soap Balls – Ideal for Gifts

## What you need:

- Bar of soap (milky ones i.e. Dove are the best)
- 5 tablespoons of water
- Few drops of food colouring
- 1/3 cup of porridge oats
- Few drops of essential oil or perfume (*optional*)
- 1 teaspoon of chopped rosemary/lavender/dried petals (*optional*)

## What to do:

Grate bar of soap, add the above ingredients and mix using your hands.

Once all mushy and gooey, roll the mixture into small balls and leave on a tray for a couple of days to dry.

Once dry pop into small material gift bags or wrap in coloured tissue and tie with a ribbon.

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

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

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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