Say yes to mess

30 Minute
MESSY PLAY IDEAS

At Kids Planet, we love messy play because it gives children the freedom to get curious and make their own discoveries.

Our Mess Report found that parents would love their children to have more opportunities to get messy. We also know that finding the time, and dealing with the clean-up afterwards isn't always easy.

So we've made it simple. We've put together five easy messy play ideas that are quick to set up and use everyday things you may already have at home.

Pick an activity and see where their curiosity takes them.

GET CURIOUS TOGETHER

There's no need to ask lots of questions or turn play into a lesson. Just notice what's happening together and chat about what you see, feel and discover. The fun is in seeing where the mess takes you. Chat, wonder and explore together, there are no right or wrong answers.

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MAGIC MIXING

WHAT YOU'LL NEED

Water, food colouring, cups, jugs and spoons

WHAT TO DO

Add a little water to a bowl or tray and let your child pour, scoop, stir and mix. Add a few drops of different colours and watch what happens as they mix them together.

SQUISH & SHAPE DOUGH

WHAT YOU'LL NEED

Plain flour, yoghurt, a bowl and kitchen utensils

WHAT TO DO

Mix roughly 2 parts flour to 1 part yoghurt until you have a soft dough. Then squash, stretch, roll, tear and flatten it. Add spoons, cutters or other kitchen utensils and see what your child does with them.

KITCHEN CUPBOARD GLOOP

WHAT YOU'LL NEED

Cornflour, water and a tray

WHAT TO DO

Mix roughly 2 parts cornflour to 1 part water, adding the water gradually. Then get stuck in – squeeze it, scoop it, drip it and try to pick it up. What happens when you handle it in different ways?

MUD KITCHEN IN A BOWL

WHAT YOU'LL NEED

Soil or mud, water, a bowl, spoon and natural finds

WHAT TO DO

Mix soil and water, then add leaves, petals, sticks or anything else you find outside. Stir, scoop and squish it together to make soups, cakes, potions – or whatever your child imagines.

PAINT WITHOUT PAINTBRUSHES

WHAT YOU'LL NEED

Washable paint, paper and anything that could make an interesting mark

WHAT TO DO

Put the paintbrushes to one side and experiment with something different. Try toy cars, leaves, sponges, cardboard tubes or toy animals. Roll, print, drag, dab and see what marks you can make.

See why we believe there is method in the mess and download our **Mess Report.**

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