



## Beckton & Royal Docks Children's Centre Tip Sheet

# All about Messy Play

Depending on what you make the messy play activity, you can also use it to develop language skills and encourage speech. For example, using letters in the activity helps develop an understanding of the written language, by describing sensations and textures to your children you can help them build their vocabulary, and by talking through what you're doing and asking open-ended questions such as "I wonder what happens when I do this?" you are providing speaking and listening opportunities and encouraging thinking skills.

## Ideas for Messy Play Activities to Do with Your Child

Get involved and get messy with our messy play ideas!

**Get outside:** the natural world is a playground of textures, smells and sensations, if you have a garden, if not don't let it stop you, you can grow your own herbs in flower pots you can put on the window sill, this is great

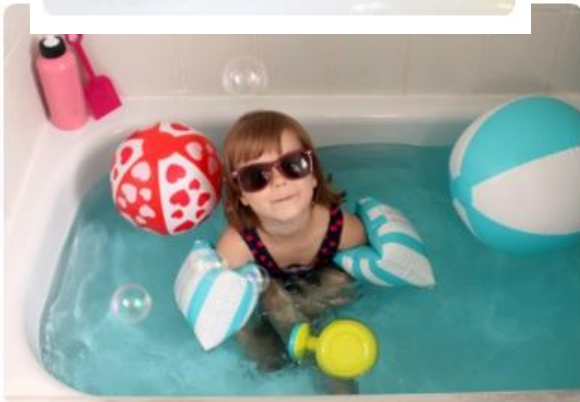


for the senses, think of all the new smells you will introduce to your child and you can eat them after!

**Make the most of mealtimes:** with younger children especially, allow them to experience eating foods in its entirety. Allow them to feel, smell and taste their food to engage all of their senses, don't worry about the mess.



**Play in the bath:** water is one of the best natural materials to play with so why not add some sponges or empty plastic bottles and give your children an opportunity to play and explore. Make sure to gather all your items before hand and supervise bath time.



**Get creative with the mess:** messy play is about the way things feel so go crazy with ideas. Whether you're using everyday objects like paint and washing up liquid or



making your own play dough and slime, your children just need to be given the opportunity to play with it and explore it.

