

## PLAY AND LEISURE EXPLORATIVE PLAY

### MESSY PLAY – ACTIVITY SHEET 2

Children explore the world through touch. Not all children like all textures and this is perfectly normal, however it is important to give your child plenty of opportunities to experience different touch sensations.

*Never force your child to touch something that they find distressing.*

Do only what the child will tolerate. Tolerance builds up gradually. Over stimulation can result in aggressive behaviour, crying and an increased activity level.

It is essential to approach activities sensitively, starting with less challenging textures (i.e. a texture that is firm and dry) and building towards more challenging textures (i.e. wet and sloppy). Allow your child to control the level of contact and stop when they need to.

### ACTIVITY IDEAS

If your child starts to show signs of distress allow them to remove themselves from the activity and wash themselves if they are messy. Here are some activities you might want to try with your child:

- Touch Different Textures - Let your child feel the different textures of items when you are in the supermarket (i.e. packets of food, fruit, vegetables, tins and items in homeware etc).
- Bake Together - Don't worry if you're not a great baker, you can bake using a packet mix. Scone dough is a good way for your child to experience something that needs a bit of force to knead and will stick to their fingers. Also scraping out the batter or spreading icing on fairy cakes is another good way for hands to get sticky in a fun and non-threatening way.
- Make a Jelly - Make a jelly and before it sets why not place some small toys inside and get your child to remove toys using their fingers. Always ensure you are supervising your child so that they don't eat the jelly before the toys have been removed.
- Messy Play - Play on a plastic sheet with shaving foam, jelly or homemade slime (see below for recipe). Your child can squeeze, pull, poke or draw with their fingers. This can get very messy so think about where you are playing and wear old clothes.
- Garden Play - Play in the garden making mud pies, planting bulbs or collecting leaves and twigs.



- Playing with Food - Let your child play in a bowl with lentils, split peas, dry/cooked pasta or rice.
- Arts and Crafts - Get your child involved in arts and crafts activities using paint, glitter, glue, paper, card, tinfoil, felt, ribbon, foam etc.



### **Ingredients**

2 cups of cornflour  
Water  
Food Colouring (optional)

### **Method**

Add enough water (and food colouring if desired) to the cornflour to create a firm consistency.

### **Storage**

The slime should only be kept for one day.



**Slime Recipe**