



HELLO PARENTS,

Messy play is learning play! Messy play is very important for a child's development. It provides children with an exciting tangible and sensory experience to explore the world around them and enhances their learning, language and creativity. Children learn through experimentation and discovery and messy play encourages children to explore new textures and manipulate different materials through touch. In this newsletter, you will find activities that promote outdoor messy play to prompt and improve children's overall development.

ACTIVITIES INFANTS (3 -18 MONTHS)

MUDDY FARMYARD

MATERIALS:

- Cocoa powder
- Water
- Toy animals
- Tray

DIRECTIONS:

- Fill the tray with cocoa powder and water to make it look like mud.
- Place the toy animals in the cocoa tray and put it in front of your child.
- Let your child explore the animals and mud with all their senses and comment on what they are doing.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

CAR WASH

MATERIALS:

- Kiddie pool/big container/big bowl
- Dirt
- Plastic container
- Soap and water
- Toy cars or trucks

DIRECTIONS:

- Put some dirt into the kiddie pool big/container/big bowl and add water to create mud.
- Fill another container with water and add soap.
- Add the toy cars or trucks to the mud.
- Let the child cover the trucks or cars with mud.
- Move the cars or trucks to the container that is filled with water and soap, and let your child wash them.
- While engaged in this activity ask your child questions and comment on what they are doing.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

PAINT SPLASH

MATERIALS:

- Water balloons
- Washable paint
- Squeeze bottles
- Big white sheet of fabric
- Garden stakes or big rocks

DIRECTIONS:

- Use squeeze bottles to fill the water balloons with water and paint, then shake the balloons to mix.
- Secure a white flat sheet of fabric to the grass with garden stakes or rocks.
- Tell the children to wear old clothes before you start the activity.
- Put all the water balloons in different places around the fabric and let the children splash each other.
- After they finish playing, dry the white fabric and enjoy the masterpiece your children made.

[Click here](#) to learn how to do splat art.

JK/SK (4 – 6 YEARS)

HANDMADE CHALK PAINT

MATERIALS:

- Chalk
- Cardboard box
- Rubber mallet/rock
- Eye protection glasses
- Paintbrushes
- Cup of water

DIRECTIONS:

- Place pieces of chalk in a cardboard box.
- Put on eye protection. With the help of an adult, use a rubber mallet or a rock to smash up the chalk into dust.
- Once the pieces are turned to powder, pour into a cup of water and stir.
- Let your children use the paint they made and create beautiful sidewalk artwork.

[Click here](#) to learn how to make soap foam painting.

SCHOOL-AGERS (6 – 12 YEARS)

OUTDOOR SPRAY ART

MATERIALS:

- White or light coloured fabric
- Food colouring
- Spray bottles
- Water

DIRECTIONS:

- Hang a piece of fabric on the fence or between trees.
- Mix water and drops of food colouring in spray bottles to create your spray paints.
- Challenge yourselves to spray to the top of the fabric, jump and spray, move closer to the fabric, or stand far away.
- Air dry your fabric outside and then use it as a flag, a blanket fort, or in another craft.

[Click here](#) for family fun messy games.



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A TIP FOR TODAY

- Turn bath time into messy play time. You can use the bath as a play space and turn it into fun activities.
- Make messy play a clean up activity.
- Let your children wear old clothes that are okay to get dirty while doing messy activities.