



HELLO PARENTS,

Some of the happiest play memories we hold often involve messy activities, like playing in the mud or jumping in rain puddles. Messy play may seem chaotic but it has many benefits to children, and it is an essential part of children's development. Messy play allows children the opportunity to explore the world around them through their senses and gives them the freedom to be fully creative. It stimulates their natural curiosity and unlocks unlimited potential and enthusiasm for learning. In this newsletter, you will find ideas for messy activities that will help your child develop, explore, discover and learn.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

FOAMY MESS IN THE BATHTUB

MATERIALS:

- Plastic box
- Tear-free foam soap or bubble bath
- Collection of rubber toys, sponges, measuring cups, etc.

DIRECTIONS:

- Put the toys in the box and use them any time that your child takes a bath.
- Prepare the bath and add some tear-free foam soap or bubble bath. Make lots of foam.
- Add the bath toys.
- Encourage your child to explore the foam and materials by splashing, scooping, squeezing, etc., and comment on what they are doing.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

ANIMAL WASHING STATION

MATERIALS:

- Two bins
- Dirt
- Water
- Small animal figurines
- Thick paintbrush or rag

DIRECTIONS:

- Fill one bin with wet dirt and another one with water.
- Hide the animal figurines in the dirt and have your child dig for them.
- Ask your child questions. For example: "How does it feel to touch the dirt?" or "Do you know this animal?", etc.
- After your child finds the animals in the dirt, encourage them to clean the animals in the second bin using the paintbrush or rag.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

HANDS-ON FUN

MATERIALS:

- Vegetables
- Bucket of water
- Old towel
- Small vegetable brush
- Child-safe knife

DIRECTIONS:

- Help your child fill a bucket with water.
- Place the bucket on a towel on the kitchen floor.
- Show your child how to use the brush to clean the vegetables.
- Observe what your child is doing and accept their mess.
- Point out all of the safety precautions that need to be followed as you work in the kitchen together. For example, keeping the floor dry to prevent slipping.
- When your child finishes washing the vegetables, have them use a child-safe knife to chop them.
- Enjoy preparing and eating the vegetables together.

[Click here](#) for more messy activities.

JK/SK (4 – 6 YEARS)

SQUASH INVESTIGATION TRAY

MATERIALS:

- Squash
- Tray
- Tongs and plastic knife (if appropriate)
- Small bowls

DIRECTIONS:

- Ask your child what they think is inside a squash.
- Remove the top of the squash and invite your child to explore the inside of the squash using all their senses.
- Encourage your child to remove the stringy pulp and seeds using their hands, and put them on the tray.
- Introduce some new vocabulary related to squash, such as: seeds, flesh, fibrous strands, etc., and encourage your child to examine closely and describe what these parts of the squash look and feel like.
- Have your child separate the parts of the squash using tongs or their hands, and sort them into different bowls.
- As they explore, ask open-ended questions and encourage their curiosity.

[Click here](#) to listen to "It's Pumpkin Time" by Zoe Hall.

SCHOOL-AGERS (6 – 12 YEARS)

PAPIER-MÂCHÉ PEN HOLDER

MATERIALS:

- Plastic cup
- Bowl
- Strips of newspaper
- ¾ cup white glue
- ¼ cup water
- Paint
- Paintbrush

DIRECTIONS:

- Prepare your papier-mâché paste by mixing together in a bowl white glue with water (use the proportion of 3 parts of glue to 1 part of water).
- Cover a plastic cup with 2 to 4 layers of newspaper dipped in papier-mâché paste and let it dry completely.
- Repeat covering the cup with 2-4 layers of newspaper strips and drying them completely until you achieve a desired thickness of the pen holder.
- Once the project is completely dry, you can paint it.
- Once paint is dry, your pen holder is ready to use.

[Click here](#) for more activities.



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A TIP FOR TODAY

- Let your child make decisions when choosing activities.
- Designate space in your house or outside where your child can be messy.
- Provide your child with a variety of materials, such as water, paint, sand, etc., to increase their messy experiences.
- Let your child finish the activity at their own pace.
- Incorporate clean-up into your child's messy play.