

Remember you can always add others things to your messy materials

You could add:-

Glitter, paint, sequins, food colouring, vanilla essence, peppermint oil.

Don't forget, if using a recipe that needs heating up always ensure it has cooled down before allowing children to play with it.

Enjoy getting messy.



A Sure Start Children's Centre

**Messy Play Recipes
that you can enjoy at
home.**



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Flubber

Mixture 1

3 cups of warm water

1 cup of PVA glue

Mixture 2

2 Level teaspoons of borax

Half cup of warm water

How to make it

Put the ingredients for mixture one into a large bowl (or deep tray) in which the flubber can be played with and stir.

Put the ingredients for mixture 2 into a bowl and stir.

Pour mixture 2 into mixture 1

Mix these together with your hands, the flubber will start to form immediately.

Move the flubber around in the bowl with your hands until all the water has disappeared.

Safety Note

Children must be supervised when playing with flubber. Borax is a water softener and is available in powder form from some chemists. Follow manufacturers instructions for safety.

Other things to play with:-

Cooked or dried pasta or spaghetti

Children might enjoy threading dry pasta shapes onto spaghetti or let them explore the texture of cooked pasta. Provide some pots and pans and they can pretend to make you something.

Porridge oats With or without water

Let children explore dry and wet porridge oats. They could empty and fill different containers.

Shaving foam

Put some shaving foam onto a flat surface or on a tray. Children can create different marks and patterns in the foam using their hands or other objects.

Soap Flakes

Soap flakes

Water

Put soap flakes into a large tray then add water. Whisk or stir the mixture together. Children can help you do this. The mixture will become thicker and gloopy. You will need to experiment with the amounts of water and soap flakes to find the consistency you want. It may take some time for the mixture to thicken.



Jelly

Make the jelly up according to the instructions on the packet. Once the jelly has set let children explore and experiment with it.

You could put objects into the jelly before it sets. Children can enjoy finding the hidden objects.

Play Dough (no cooking required)

1 cup of plain flour

1/2 cup of salt

1 cup hot water

1 teaspoon of cream of tartar

2 Tablespoons of cooking oil.

A splash of food colouring.

Put all the ingredients in a bowl except the water. Mix them together then add the hot water. Mix together using a spoon.

Ensure the dough has cooled down before letting children handle the dough.

Play Dough (Hob)

1 cup of plain flour

1/2 cup of salt

1 cup of water

2 teaspoons of cream of tartar

1 tablespoon of cooking oil

Food Colouring

Mix all the ingredients together then heat on the hob gently, stir continuously until the dough comes away from the edges of the pan and turns into a doughy consistency.

Salt Dough

2 Cups of Plain flour

1 cup of salt

1 cup of water

Add the flour and salt together then gradually add the water., mixing it into a soft dough. Knead the dough for ten minutes, then let it rest for 20mins if you can.

The dough is now ready to start your project. Any unused dough can be kept in the fridge in an airtight container or clingfilm for up to a week.

Drying

The dough can be left to dry naturally which may take 30-48hrs. Alternatively the dough can be placed in the oven at no higher than (200F/gas mark 1/4) for 3-4 hours. Times do vary , according to size and thickness. Setting the oven hotter than recommended could cause the dough to crack and bubbles can form on the dough.

Stretchy Dough

2 cups of self raising flour

Half-1 cup of water

Gradually add the water to the flour until it forms a dough mixing it while you add the water.

This mixture will only last a day.

Gloop

Cornflour

Water

Slowly add water to the corn flour. You will need to experiment with the amounts of these. You need it to be the consistency of a thick milkshake.

You could add glitter or food colouring.