

Messy Play Activities

Many children do not like wet/slimy textures so it is good to increase their tolerance through messy play.

Our hands and feet are the most sensitive parts of our bodies. So why not try the front of the hand the arm the leg etc.

If children struggle to touch messier textures – encourage them to try it but using something like a wooden spoon, pastry brush or fork. Make sure you are in an area of your home that you are comfortable with getting messy – it is important you are relaxed for these activities. A cheap shower curtain can be an excellent messy play mat!

Stage 1 – Start with dry smooth and textured messy play.

- Crushing up wheat biscuits e.g., Weetabix, or hoop cereals e.g., Cheerio's and Weetos. with hands
- Running fingers through dry porridge oats. If your child will tolerate it, grated cheese could be used.
- Add food colouring and mix it into the food with your hands.
- Hide motivating items in a box of crushed up wheat biscuit cereal or oats. Ideally these items should be small items of wrapped food that the child likes, but small plastic toys can be used if this is more motivating.
- Thread potato ring savoury snacks onto a sweet lace to make a bracelet, necklace.
- Cut sliced bread with cookie cutters.



- Roll orange/lemons along the floor to each other. If you are on a mat score the skin to allow smell to stimulate senses but this can get sticky so avoid doing this on the carpet.

Stage 2 - Then move onto Wet/slimy play.

- Run fingers through cooked pasta.
- Poor water or milk onto wheat biscuit cereal, porridge oats.
- Mix icing sugar and water – add food colouring.
- Chop up jelly – try different colours and hide toys in it.
- Spread cream cheese onto oatcakes, crackers.
- Hide treats or toys in angel delight.
- Mash soft butter/cooked apples with a fork.
- Potato & vegetables prints (carrot, broccoli) – use ketchup/jam as paint.
- Finger painting with yoghurt – add food colouring.
- Coloured ice cubes – prepare with fruit e.g., raspberries, blueberries in the middle.



If you would like more information on sensory integration, please watch our mini-series.

Link to YouTube channel - [Sensory Integration Mini Series - YouTube](#)

