



Badgers and Squirrels Parents and Carers

Activities for Home

Here are some further ideas for activities. A lot of messy and sensory play can involve food. We've tried here to include ones which either don't use food or would use basic things from your cupboard.

Messy play (without food)

- Paper pulp: tear up paper and put it in a blender. Cover it with water, and run the blender on a low speed. If the blender doesn't move easily, add more water. Speed the blender up a little bit faster until you get the paper mixture into a nice, smooth pulp.
- Rock, stone, twigs, grass, leaves etc: go for a walk and see what you can find to bring home. It can be used as a dinosaur land, to create a den for small toys, a unicorn forest or whatever your imagination thinks of.
- Bubble foam: put washing-up liquid (or bath bubbles, shampoo etc) into a mixer/blender with some water and turn on. You can add food colouring too. It makes a soft foam to play with.
- Shaving foam. Again add food colouring, glitter etc for a different sensation
- Ice. If you are making your own, why not add toy to the water before you freeze it. Your children can then see if they can get them out in different way.
- Shaving foam and ice together!
- Fabric scraps: different colours can be used to create different imaginary worlds,
- Shredded paper: if you have a shredder, the shredded paper is lots of fun to play with! Hide toys in it to search for.
- Cut up lots of straws into small pieces. These are good to thread and just play with. If you use lots of colours you can make a pattern. You could cut lots of other small objects with the straws and then play i-spy

Messy play with food.

- Rock salt: it looks like snow/ice so is good for frozen play.
- Flour: also looks like snow but is softer. You can add water for a messier experience.
- Custard
- Jelly. Make the jelly as normal or with extra water. Wait until it is set and cold before playing.
- Play-dough: 2 cups of flour; 2 tablespoons of oil, 1/2 cup salt, 1 to 1 1/2 cups of water, optional food colouring or paint. Mix them together, adding more water until it feels like playdough.
- Cloud dough: 4 cups of flours; 1/2 cup of baby oil. Mix! It should be mouldable when ready.
- Gloop: mix cornflour and water together to get a running mixture, which goes hard when you squash it