

**Messy play ideas recipes: Warning – These are messy but lots of fun:**

***Health and safety warning! Please keep reminding the children that they are not allowed to eat/drink the soup!***

**Sensory soup:** This outdoor activity can get messy and wet, as children explore the garden to make a pretend 'soup'. It involves and grows different senses: Touch, smell, and noticing patterns and differences.

**What you need:**

- Herbs from the garden, or dried herbs
- Flowers, shells and stones
- Ladles and spoons
- Bowls
- Cups or scoops
- Scissors
- A large pot of water

**How you do it:**

Start by walking around the garden and introducing the young ones to the different herbs. Rub them on the skin to smell their scent. Allow the children to choose the herbs they like the most. Tearing, breaking, cutting and crumbling different plants develops fine motor skills. Allow each child to dish their herbs into their own bowls and observe as they mix up their own creative concoctions.



**Sand mousse**

*You will need...*

- Sand
- Water
- Washing up liquid

Squirt a really big dollop of washing up liquid into the sand. Mix in water a bit at a time until you end up with a frothy, whipped consistency. Adding powder paint can help to colour the mix and is fun for children to mix.

**Clean mud**

*You will need...*

- A bar of moisturising soap (grated)
- Roll of white toilet paper (unused!)
- Warm water

Tear the toilet roll into lots of tiny pieces, add grated soap, and then add warm water a little at a time until you get a frothy, white, mud-like consistency that smells really lovely!

