

TOP MESSY PLAY IDEAS!

Some children need help to cope with new sensory experiences and dislike getting messy. This can lead to difficulties feeding themselves and trying new foods. It can also make it harder for them to enjoy creative activities and new experiences such as a trip to the beach. Messy play is a fun way to help them get used to, and enjoy sensory experiences!



Hide large toy animals in jelly or custard

Use squirty ice cream sauce to make pictures on a plate!



Scrunch up Weetabix and use it as sand. Have a jug of water to make it soggy to make Weetabix castles!

Dip your hands into cooled melted chocolate and make hand prints!



Fill a paddling pool with jelly and get into it!