**1. Rice Play**

This is definitely low mess and so much fun! Coloured with food colouring or just plain, add spoons, pots, pans, colanders….it’s sensory, GREAT for scooping and pouring and measuring, it’s magic stuff!!!

**2. Edible Paints**

We love using edible paints in our classes…….SO easy to make! You can try finger painting with things like yoghurt or whip (with some food colour added?), mix up a super simple edible paint with flour and warm water and a bit of colouring OR try a cornflour paint recipe like this lovely one:

* 2 cups of corn flour
* 1 cup of cold water
* 4.5 cups of boiling water
* Liquid food colouring

Method:  
Mix the cornflour with the cold water and stir together. Pour in the boiling water and stir between each cup. It goes really strange (you are basically mixing a hot oobleck goop) but keep stirring and it literally seems to “melt” into a wonderful, custard-like consistency. We then separated it into individual jam jars before adding colouring, but you can do it however you like and this is the stage to add colour.

**3. Jelly on a Plate!**

Wibble wobble, wibble wobble……hide some toys in jelly and let them dig them out! OR use jelly granules with a small amount of water to create a paste – you’ve got jelly paint!!

**4. Oats or cereal Play**

For those who are mess averse – a box or tray of oats or dry cereal can provide a fab dry play material! Add trucks and diggers and it can become a building site……pour water in too and start mixing up some concrete!

**5. Gloop!**

Is it a solid, is it a liquid??….it’s rare to find a child (or adult!) who isn’t fascinated by gloop! Mix it up with cornflour and water – super simple and FABULOUS for slime with some colour added!

**6. Cloud dough**

Super soft, mouldable just like sand (but not as gritty!) and SO easy to make…..just grab some flour and add some veg oil……mix with your fingers to achieve a crumbly mouldable texture….now PLAY!

**7. Chocolate mud**

Just follow the cloud dough instructions above – and chuck in some chocolate powder! Add some plastic pots and a few vegetables and you’ve got your very own veg patch to dig and play with! Kept in a sealed airtight box between play sessions this should keep for quite a while!

**8. Spaghetti/pasta play**

Brilliant for developing those fine and gross motor skills and pincer grips, playing with spaghetti is always a big hit and it’s so easy to do! Cook until just cooked, drain and stir in some food colour if you want to brighten it up a little…..how much fun?!

**9. Flour**

Never underestimate the play properties of plain old flour! It’s a snowy scene, it’s a snow storm! It’s great for piling up and knocking down! You can make marks, draw patterns, write your initial….get set GO!

**10. Super snow**

Ok, so for this one you’re going to be raiding the bathroom cabinet as well as the kitchen cupboard! Cornflour AND shaving foam – mix together and crumble with your hands to create some super snow!