

The Virtues of Messy Play in Early Education

<https://www.geteduca.com/blog/ideas-messy-play-early-education/>

Making A Mess Is More Than Just Good Fun!

Messy play is awesome. It's fun, it's easy to make child-led and it benefits children in so many ways. Concerns regarding clean clothes, mess, germs and children catching 'colds' should be left at the door. But just in case you need them here are some responses to those concerns. Children get dirty



Get dressed up for getting muddy. Yep. Being engaged and learning through messy play means dirty clothes. But – both clothes and children can be washed. Remind parents to pack a supply of spare clothes, and to dress their child in clothes that they don't mind getting 'messy'.

Children will catch germs/colds

It happens – children can get sick. But they can get sick at home as well as at preschool. If children are suitably dressed, properly dried off and wash their hands afterwards – it's a myth that messy play will be the cause of colds or flu.

But why Messy Play? What are the Benefits?



For children messy play is sensory exploration. Messy play is sensory. It's physical play, it's exploring and it's imagining. Children can practice fine motor skills and hand-eye coordination. They can pre-write and draw, fill and pour, feel different textures, mix and create...they can talk, and they will giggle. Language opportunities abound during messy play.

Across the curriculum, messy play gives children the chance to explore, be independent and take risks. Messy play is a great time for early childhood educators to observe interactions between children, their peers and their environment. Some children may not like the sensations of particular play – there's an observation in itself...

Sand Play Dough

- 1 ½ cups of sand
- 1 ½ cups cornflour
- ½ cup of boiling water

Mix together and knead.

Fizzy Cloud Dough

- 1 cup flour
- 1 cup baking soda
- ¼ cup vegetable oil
- Vinegar
- Droppers

Combine the first three ingredients (you can mix color into the oil). Use droppers to drop vinegar on to the dough. Play with dough and watch it fizz.

Edible Finger paint

- 2 cups cornflour
- 1 cup cold water
- 4 ½ cups boiling water

Mix together cornflour and cold water, slowly add boiling water and stir. Add food coloring

** Not recommended for eating – but can be put in mouth without harmful side effects.*

