



Creative Sensory Guide

Smelly Messy Play

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Context

We all love a bit of messy play! This messy play not only engages our sense of touch but also our sense of smell and sometimes even our sense of taste.

We've created some simple ideas to get you thinking about ways you can use household ingredients to get messy, be creative and have a great time. If you have a big group, you might want to try all of the ideas we've suggested below together. Alternatively, if you're working with a small group you might just try one or two at a time so you can have fun exploring and playing together.

On the next page you'll find an accessible guide to the resources that you'll need for the activity.

You can watch a video of one of our leaders showing you how you can use this creative activity [here](#).

Resources Guide

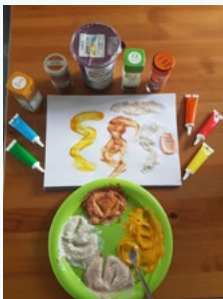


Baby wipes or soap and water- you're going to get messy so make sure there is something to wash your hands nearby!

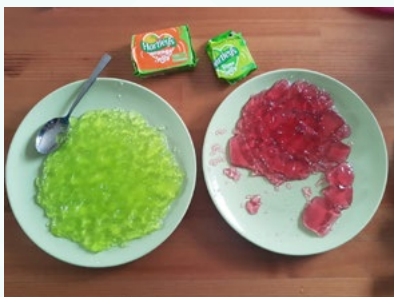


Cornflour and hair conditioner - a great that dough can be made by mixing cornflour with a cheap hair conditioner. Use a hair conditioner that has a strong smell so that your hands smell nice even after you've finished playing with it.

To make it, start with a cup of conditioner and gradually add the cornflour until the dough forms a ball and loses its stickiness. This is a great activity to do together before playing the dough itself.



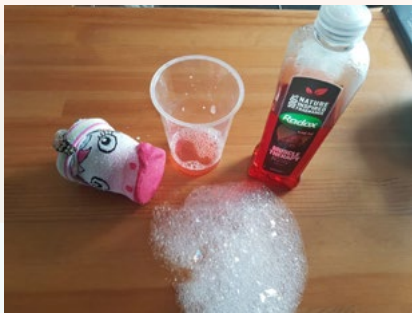
Edible smelly paints - Mix together plain yoghurt with different coloured herbs and spices. Add in some food colouring to give it a more vibrant colour. Use your fingers to feel the unusual textures of the paint that you've created.



Jelly - The texture, smell and taste of jelly make it a really fun activity.

Make the jelly into small blocks so that you can stack it. You can also play jelly Jenga or use it to practice counting.

Make the jelly in a mould. Use spoons and blunt knives to scoop the jelly out before cutting and mashing it. You can then get your hands stuck into the jelly to feel the texture through your fingers.



Bubble snake - For this you'll need an old sock which doesn't have holes in it, some bubble bath and a plastic bottle.

To make the bubble blower you need to cut off the top of a water bottle and then pull the sock over the big end of the bottle so that it's nice and tight. The 'drink-ing' end of the bottle will then be used for blowing the bubbles.

To make the bubble solution, put about a tablespoon of bubble bath into a bowl or a wide cup before adding a tiny bit of water.

Dip the sock end of your blower in the bubble solution before blowing down the 'drinking' end of the plastic bottle and see how long your bubble snakes are!