



QUICK MESSY PLAY IDEAS

FROM
TINY HANDS **BIG ADVENTURES**
MESSY PLAY



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INTRODUCTION

Messy play doesn't have to mean hours of preparation or lots of new equipment. Some of the best play comes from the simple things already sitting in your kitchen cupboards.

A bowl, a spoon, a handful of dried pasta, a splash of water. To a young child, these everyday items become something to explore.

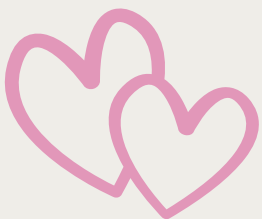
Messy play is really about children using their senses to find out how things feel, move and change. Squishing, pouring, stirring, scooping and mixing. It might look simple, but these experiences help build early problem solving, strengthen little hands and support brain development through real, hands on learning.

The ideas in this guide are quick, low prep activities using things you maybe already have at home.

They are simply small invitations for curiosity and exploration.

i'd love to hear about it if you try some of these at home, but most importantly

I hope you and your little one
have fun



Love,


Amanda
XX

BEFORE YOU GET STUCK IN

These ideas are simple, sensory ways to play together, but a few things to know first.

Always supervise your child closely during messy play, especially with water play and anything small enough to be a choking hazard like dry rice or small toys.

If food is involved (yoghurt, rice, etc), check first for any allergies or intolerances, and keep a close eye if your little one still likes to taste test everything.

And remember , don't leave your little one alone during messy play... set the jobs aside and embrace the messy fun with them 

These are suggestions only. You know your child's age, stage and needs better than anyone, so adapt as you see fit.

Tiny Hands Big Adventures can't be held responsible for any accidents, allergic reactions or injuries during these activities. Use your own judgement, and always put safety before the mess.



NO PAINT, PAINT

Perfect for babies and toddlers who still mouth everything.

What you need:

- Plain yoghurt
- A plate or tray
- A few drops of food colouring (optional)

Dairy free option:

If your little one can't have dairy, you can use baby rice mixed with water or dairy free milk to create a similar smooth texture.

Setting it up:

Pop some yoghurt onto a tray, swirl in a few drops of colour, and let little hands explore. For added fun, offer a spoon or pastry brush so they can make marks and patterns.

Handy tip:

Highchairs work brilliantly for this one. The tray keeps everything contained and makes cleaning up much easier.



RICE & SPOONS

Brilliant for scooping, pouring and generally making a lovely mess.

What you need:

- A handful of dry rice
- A bowl or tray
- Spoons, cups, or toy pots and pans
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How to set it up:

Pour the rice into a tray and leave the rest to your child.

No instructions needed - just let them lead the play.

Top tip:

Rice vacuums up easily - one of our favourites for a speedy tidy-up!



SOAPY WATER FUN

The ultimate rescue mission for bored toddlers!

What you need:

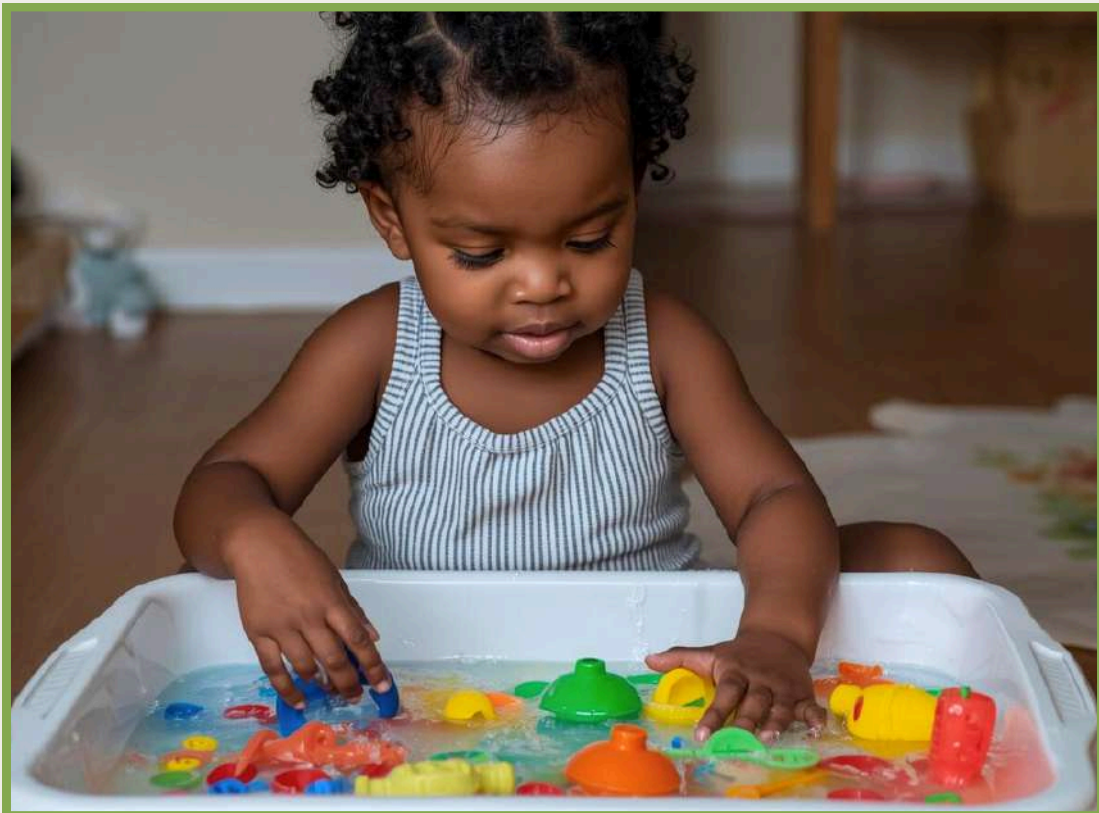
- A shallow bowl of warm water
- A squirt of washing-up liquid (optional)
- Plastic toys, sponges, or brushes

Set it up:

Add a splash of washing-up liquid to make bubbles, drop in some toys that need a wash," and hand over a sponge or toothbrush.

Top tip:

Set this up on a towel to catch any spills...
or go wild and do it in the bath!



KEEP THE PLAY GOING

If you enjoyed these ideas, remember that messy play does not need to be complicated, some of the best moments happen when children are simply given time, space and a few interesting things to explore.

A bowl of water.

A spoon and a handful of rice.

A tray of yoghurt to squish and swirl.

These small everyday experiences are often where the richest learning happens.

Follow your child's curiosity. Let them experiment. Let them make a little mess.... and most importantly... enjoy the moment together.

If you try any of these ideas at home, I'd love to see them, just tag us on social media

You can find us online at:

Instagram: @tinyhands_bigadventures25

Facebook: Tiny Hands Big Adventures

Because little hands really do have big adventures.

Remember: It's all about fun, connection, and letting your child explore in their own messy way.

One tray, one idea, and 10 minutes is all you need.

TINY HANDS BIG ADVENTURES