

Top messy play ideas!

Some children don't like getting messy. This can make it difficult for them to enjoy some sensory experiences. It can also lead to them having difficulties feeding themselves or trying new foods. They might find it harder to enjoy creative activities and new experiences like painting or going to the beach. Messy play is a fun way to help them get used to and enjoy sensory experiences!

Hide toys in jelly for them to discover



Use sauce to paint pictures on paper plates



Fill a tray with runny chocolate spread so they can make tracks with their cars and



Give them cooled cooked spaghetti to play with. You could add food colouring to make it more fun.



For more information on the Speech and Language Therapy Service (including how to request support from us) please see: <http://www.nhsborders.scot.nhs.uk/slt>
[Check out our Wee Talk Borders Facebook page](#) or you can call us on 01896 826710