

# **XPLAY** **SCOTLAND**



**Experimental Play**

# Experimental Play

Explore and enjoy the **fun, thrills, science** and **WONDERFUL WORLD** of **messy play!**

**Play is essential to children's development.** Messy Play can help stimulate children's senses and imagination as they explore and investigate the different ingredients and experience their own results- children mixing, matching and making leads to children inventing and creating their own recipes for messy play.

Remember to dress for mess ... and most important of all ... let the children get on and play!

If you have any pictures of ideas you would like to share, please email them to [info@playscotland.org](mailto:info@playscotland.org)

Collect the full range of playful publications: Messy Play, Messy Play Two, More Messy Play and Culture Play

Happy Playing!  
Play Scotland

Disclaimer: We recommend that children under 5 years of age are supervised in the activities in this booklet. Unless stated none of the ingredients nor end products associated with these play ideas is edible.

**Exploding Art Erupting Glow Rocks**








**Crackle Foam Magic Mud Silly Putty**

**Lava Lamp Rain Clouds**

**and much more ....**

# Exploding Art

## What you need:

-  Large piece of thick paper
-  Zip lock sandwich bag
-  Baking soda
-  Cup and tablespoon
-  Toilet paper
-  Craft paint
-  White vinegar

## What to do:

Spread the paper on the ground. Scoop one tablespoon of baking soda onto the centre of a square of toilet paper, fold into a bundle and place in one corner of the sandwich bag. Mix one third of vinegar with one tablespoon of paint and pour into the opposite corner of the bag. Seal the sandwich bag quickly, with a little air inside, and mix by shaking slightly and set on the paper.



Stand back! The bag will inflate and burst.

You now have your work of art! Try using different colours of paint on the same piece of paper.

**Note: Not suitable for under 3s. Cheaper zip lock bags work best!**

# Crackle Foam - great for sensory play

## What you need:

-  Shaving foam
-  Crackle pop rocks (confectionary)

## What to do:

On a baking tray spray shaving foam and add crackly pop rocks. Squash these together and they will make a crackling sound.

**Note: Not for consumption.**

**\* Baking soda is also known as Bicarbonate of soda**

# Erupting Glow Rocks

## Part 1- Make the Fake Snow

What you need:

👉 3 cups baking soda    👉 ½ cup hair conditioner – white in colour

### What to do:

Mix the baking soda and conditioner together to make fake snow.

This can be stored in a zip lock bag.

This can be played with separately from the Glow Rocks and is **great for sensory play.**

## Part 2

### What you need:

👉 Fake snow    👉 Neon paint

👉 Baking tray

👉 Blacklight/ ultra violet light

👉 Vinegar

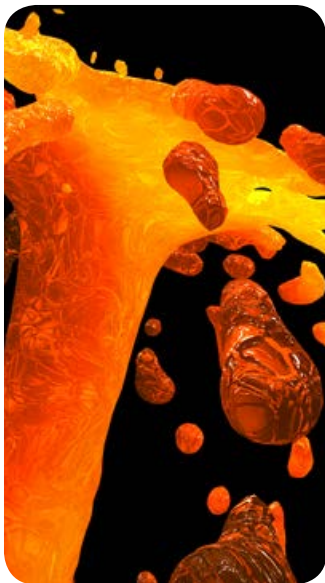
### What to do:

Once you have made the fake snow mix in some neon paint.

Mould into rock shapes, place on a baking tray and leave to dry overnight.

Once dry these will glow under a blacklight.

To make them erupt add vinegar on the top of the 'rocks'  
watch them bubble and fizz!



# Magic Mud

## What you need:

- 👉 Clean earth (you can buy small bag from DIY store)
- 👉 Water    👉 Baking soda
- 👉 Crushed chalk or powdered tempera paint (optional)
- 👉 Vinegar (in squeezezy/trigger bottle)

## What to do:

In a basin add baking soda to the earth with a little water until it turns to mud. Make mud pies etc and to add a 'topping' use the crushed chalk/paint.

Once you have your creation, spray with vinegar and watch it bubble!

# Fizzy Magic Sand

## What you need:

- 👉 Play sand    👉 Cold water
- 👉 Baking soda    👉 Basin
- 👉 Food colouring    👉 Vinegar (in squeezezy/trigger bottle)

## What to do:





Mix the play sand and one box of baking soda in the basin. (The more baking soda that is used the more magic there will be!) Add a small amount of water at a time until feels like wet sand.

Build a few sandcastles.

**To make the magic:** add food colouring to the vinegar and spray onto your sandcastles, this will make them fizz!

# Homemade Silly Putty

## What you need:

-  2 parts white glue
-  1 part liquid starch
-  Small mixing bowl
-  Airtight container

## What to do:








Combine glue and starch in a bowl and mix well. Let dry until the putty is workable – then have lots of fun playing!!

**Note: You may have to add a bit more glue or starch until you have the right consistency. You should be able to stretch this.**

Store in an airtight container.

# 3D Salt Painting

## What you need:

-  Thick card
-  School glue (bottle glue with nozzle)
-  Table salt
-  Food colouring
-  Small bowl
-  Cold water
-  Eye dropper

## What to do:

On the card draw your image with glue, nice thick lines so you can see the colour – try e.g. flowers / face / car

Cover your image with salt and gently shake off excess.

Add food colouring to the bowl and add a few drops of water to dilute this slightly.

Use dropper to soak up some of the colour. Using the eye dropper start to drop the colour onto the salt.

The salt will soak up the water and watch your picture turn into 3D art!

**Note: not for consumption**



**“Play is our brain's favourite  
way of learning”**


Diane Ackerman

[www.playscotland.org](http://www.playscotland.org)

# Glow in Dark Gloop

## What you need:

 Basin  Cold water  Corn starch

 Neon paint

## What to do:

Mix corn starch and water together until you have correct consistency of gloop (slime feeling!).

Add a few drops of neon paint into the mixture (this is optional).



This will glow in the dark.

# Glow in Dark Play Dough

## What you need:

 Flour  Warm water  Vegetable oil

 Cream of tartar  Salt  B-50 Vitamin Complex

 Small cooking pot  Whisk

## What to do:

In a small pot crush 2 of the vitamin capsules into a fine powder. Add this to 2 cups of flour, 4 teaspoons cream tartar and 2/3 cup salt and mix together.

Once mixed add 2 cups of warm water and 2 tablespoons of cooking oil. Whisk this together until there are no lumps. Cook on a medium heat until the play dough is holding together and not sticking to your pan! It should have the same texture as 'normal' play dough.

Allow to cool before giving to your child to play with.

If you use the play dough in a dark room with an ultra violet light this will glow!

Store in a zip lock bag.



# Make a Lava Lamp

## What you need:

- ✎ Empty plastic bottle with lid
- ✎ Water ✎ Vegetable oil
- ✎ Food colouring
- ✎ Alka Seltzer tablet

💡 *Why not try more than one colour of food colouring!*

## What to do:

Fill the bottle three quarters of the way with vegetable oil.

Add food colouring into a jug of water and pour into the bottle.

Put lid on and close tightly. Wait a few minutes for the contents to settle.

Break the Alka Seltzer tablet into small pieces. Open bottle and drop these inside.

Put lid back on and **watch the lava appear!!**

**Note: Not suitable for Under 3s.**



# Mentos Geyser - One for outdoors!

## What you need:

- ✎ Plastic bottle of diet coke (diet juice works better than original)
- ✎ Packet of mint Mentos

## What to do:

Open bottle and drop one mentos sweet into the bottle, run back and watch it go whoosh out the bottle!

**Note: please stand back as this can whoosh quite fast and high!**

# Rain Clouds

## What you need:

- 👉 Shaving foam
- 👉 Water
- 👉 Blue food colouring
- 👉 Empty jam jar (or equivalent)
- 👉 Vinegar (in squeezey/trigger bottle)

## What to do:

Fill your jar  $\frac{3}{4}$  full with water (tap water will do).

Skoosh the shaving foam on top of the water and let it settle – this makes the cloud!

Add food colouring onto the 'cloud'.

As your 'cloud' fills up, the food colouring will fall down into the water. Watch the different shapes this makes.



*Why not try more than one colour of food colouring?*



# Puffy Paint

## What you need:

- 👉 1 cup of salt
- 👉 1 cup self raising flour
- 👉 ½ cup to ¾ cup water – depending on consistency
- 👉 Colour - this can be used by adding powder paint / food colouring
- 👉 Craft squeeze bottle – one for each colour
- 👉 Paper

## What to do:

Mix the above ingredients together to get the consistency that will squeeze through nozzle of bottle. You do not want this to be watery as the 'paint' will only soak into the paper.

Add the paint into the squeeze bottle and draw your creation.

Leave painting to dry overnight and in the morning this will have risen!

**Note: Supervision required when using salt. Store paint in fridge.**



*Why not try mixing more colours to see what colours you can create?*



# Papier Mache

## - Papier Mache Light

### What you need:

- ✎ 1 part flour   ✎ 2 parts flour
- ✎ Thin strips of newspaper
- ✎ Basin to mix ingredients
- ✎ Balloon   ✎ Plastic cup   ✎ Paint



### What to do:

Mix the above ingredients in basin together to get the consistency of paste.

Blow up balloon and tie knot in the bottom. Place balloon on the plastic cup – this makes it easier to papier mache the balloon.



Dip the newspaper in the basin then once wet lift and gently place over the balloon. Cover the balloon with a few layers of wet newspaper and allow this to dry overnight.

Once dry paint – you could paint a face; an animal; colours; globe etc

### To make the light

Once dry and painted, poke holes in the papier mache balloon using a skewer and cut base big enough to add a battery lit tea light to make a light!



*Why not try covering the balloon but leave base free?*

**Note: Supervision required when blowing up balloon, not for under 3s.**

# Magnetic Art

## What you need:

- 👉 Craft iron filings
- 👉 Magnet
- 👉 Deep glass bowl or glass jar

## What to do:

Place iron filings in the base of the bowl. Use magnet to draw these up the side of the bowl and make shapes.

# Fluffy Dough!

## What you need:

- 👉 Corn flour
- 👉 Shaving cream
- 👉 Food colouring
- 👉 Small plastic cups (for each colour)

## What to do:

Measure out equal parts of shaving foam and corn flour.

Add the shaving foam into a plastic cup with a few drops of food colouring.

Slowly stir in the corn flour this will start to form a dough.






You want to keep the 'dough' nice and fluffy.

Take out cup and you can roll into balls and squish them!

**Note: Great for sensory play**

# Magical Milk!

## What you need:

-  Full fat milk
-  Glass dish or empty foil dish
-  Food colouring (you can use a dropper should you wish)
-  Cotton bud
-  Liquid hand soap

## What to do:

Pour the milk into the bottom of the bowl. Add drops of food colouring into the milk.

Put liquid soap onto the bottom of the cotton bud. Dip the cotton bud in the middle of the bowl, without moving it and watch the milk and food colouring start to move and swirl. Take bud out, put more soap on bottom and do again!

You will see lots of shapes and colours appear should you use various colours of food colouring.

**Note: not for consumption**

# Edible Slime

## What you need:

-  Basil seeds
-  16 oz Corn flour
-  Food colouring
-  Bowl
-  Water

## What to do:

Add  $\frac{1}{4}$  cup of basil seeds into a bowl, then add corn flour. Mix these together.

Add food colouring (optional) and  $2\frac{1}{2}$  cups of water. Knead these together.

The seeds as you knead will begin to thicken the mixture. Once all kneaded together it will have a gooey feeling. Now it's time to play! See how far you can stretch the slime!

Store in sealed container in fridge.

**Note: this is similar to slime/gloop but safe should a younger child put this in their mouth.**



100% washable!



[www.playscotland.org](http://www.playscotland.org)

Play Scotland works to promote and deliver the importance of play for all children and young people, and campaigns to create increased play opportunities in the community. Formed in 1998 to support the Child's Right to Play and make children's right to play a reality in Scotland.

The work of Play Scotland is underpinned by the UN Convention on the Rights of the Child Article 31:

*"State parties recognise the right of every child to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts".*

Also available in this series is

**Messy Play, Messy Play Two, More Messy Play and Culture Play**



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