

Messy Play

Unleash the mess! Increase your child's confidence and develop their fine and gross motor skills by exploring fun, sensory and creative Messy Play.

first5
forever



first5forever.org.au

The first 5 years last a lifetime



Queensland
Government

Acknowledgement of Country



Here is the land

(arms wide open)

And here is the sky

(arms pointing towards the sky)

Here are my friends

(arms out to the group)

And here am I

(point to self)

We thank the Bindal and the Wulgurukaba people,

For the land on which we live and play.

We promise to care for it every single day.



Opening Song: "The Hello Song"



Hi, hello and how are you?

(wave to each other)

How are you? How are you?

Hi, hello and how are you?

How are you today?



Free library membership



If you don't have a library membership,
you can easily set one up online
by following the link below.

townsville.spydus.com

citylibraries

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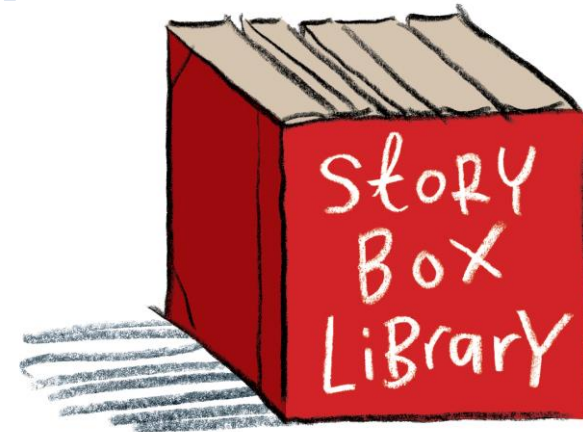
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STORYTIME: StoryBox Library



Use your library membership to access StoryBox Library.
This month we recommend “Unscary Book”.
Follow the link below to access StoryBox.

storyboxlibrary.com.au



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Programs are back!



Join us for all your favourite First 5 Forever Programs! Bookings essential. Visit <https://whatson.townsville.qld.gov.au/>

Tuesday at Townsville Stadium, Annandale

Toddler Time – 9am for a 9:30am start

Baby Rhyme Time – 10:30am for a 11am start

Wednesday at Townsville Stadium, Annandale

Baby Rhyme Time – 9am for a 9:30am start

Toddler Time – 10:30am for a 11am start

Thursday at CityLibraries Thuringowa

Storytime – 9:45am for a 10am start



Your favourite staff have also created a wide range of online sessions including Baby Rhyme Time, Toddler Time and Storytime for you to enjoy from the comfort of your home. Visit: <https://www.townsville.qld.gov.au/facilities-and-recreation/libraries/online-library-living>

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MESSY PLAY ACTIVITIES CONTAIN FOOD ITEMS



The following Messy Play activities contain food items. Please see recipes for ingredient list.

Playdough recipe

You will need:

1 cup plain flour
1 cup of salt
4 tablespoons of cream of tartar (optional)
2 tablespoons of cooking oil
Food colouring
1 cups of boiling water

Method:

Put all the ingredients in a large bowl and mix. As soon as it starts to bond together and is hard to mix, take it out of the bowl, place on a board and knead until it takes on the look and consistency of play dough. It will be hot when you take it out of the bowl so be careful.

Rice/Pasta

You will need:

Rice or pasta
Food Colouring
Zip Lock Bags
Newspaper

Method:

Place rice or pasta into a zip lock bag. Add approx. one teaspoon of food colouring. Seal the bag and shake it around until the rice or pasta is completely coated in colouring. Add a dash of water or more colouring if required. Allow to sit in the bag for about 5-10 minutes to let the colour sink in. Pour contents out onto some old newspaper and leave to dry overnight.

*It makes a great sensory bin material

Paper bag monster!

**Get creative and
make a paper bag
monster for
Halloween!**

**In your pack there is
some eyes, pipe
cleaners and collage
material.**

**Come up
with a name
for your
monster!**

**Great
opportunity
to use your
puppet and
tell a story!**



Playdough



The malleable properties of play dough make it fun for investigation and exploration as well as building up strength in all the tiny hand muscles and tendons, making them ready for pencil and scissor control later on.

You might like to add some rice (from the sensory play activity) to the playdough for a different texture.

Use words like rolling, poking, squishing, patting.



Halloween sensory play!



Coloured rice and pasta sensory play allows children to explore and use fine motor skills. Have fun with the pasta bats and cobwebs (cotton wool) hidden in the coloured rice.

Add language to your play – What can you feel? Smell? See?



**Practice counting!
Count all the pasta bats in your pack.**

Incy Wincy Spider



Incy wincy spider climbed up the water spout,

(Left thumb to right index finger, right thumb to left index finger and "walk" the spider up)

Down came the rain and washed poor incy out.

(Bring fingers downward, then sweep hands out)

Out came the sunshine and dried up all the rain,

(Make a big circle with your arms, then bring fingers upwards)

So incy wincy spider climbed up the spout again.

(Repeat first action)



“If you’re happy and you know it”

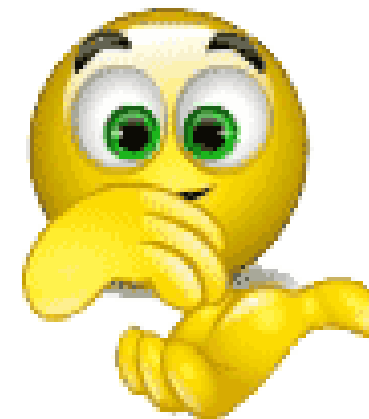


If you’re happy and you know it clap your hands
If you’re happy and you know it clap your hands
If you’re happy and you know it then you really ought to show it
If you’re happy and you know it clap your hands

If you’re happy and you know it shake your legs
If you’re happy and you know it shake your legs
If you’re happy and you know it then you really ought to show it
If you’re happy and you know it shake your legs

If you’re happy and you know it bounce around
If you’re happy and you know it bounce around
If you’re happy and you know it then you really ought to show it
If you’re happy and you know it bounce around

If you’re happy and you know it wave goodbye
If you’re happy and you know it wave goodbye
If you’re happy and you know it then you really ought to show it
If you’re happy and you know it wave goodbye



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