

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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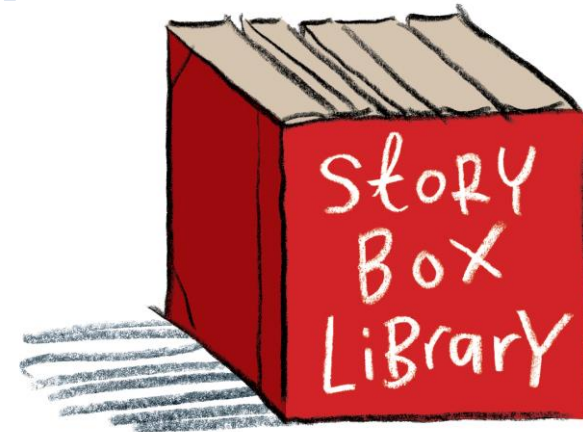
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STORYTIME: StoryBox Library



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

storyboxlibrary.com.au



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Programs are back!



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

Tuesday

Toddler Time – 9am for a 9:30am start
*Storytime– 10:30am for a 11am start

Wednesday

Baby Rhyme Time – 9am for a 9:30am start
Toddler Time – 10:30am for a 11am start

**From October 6th, Storytime will be held at CityLibraries Thuringowa on Thursdays from 9:45am, for a 10am start.
An additional Baby Rhyme Time session will be held in the 10:30am time slot on Tuesdays at Townsville Stadium, Annandale.*



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.

Slime recipe

You will need:

1 tablespoon Psyllium Husks (in bag provided) or Metamucil
1 cup water
Optional - Food coloring

Method:

Whisk the psyllium husk into the water and add a drop of your favorite food coloring (optional).
Place bowl in the microwave and cook on high for 2-3 minutes (actual time depends on microwave power) or until the goo is about to bubble over the sides of the bowl. Remove and stir.
Repeat heating for 2-3 minutes at a time. The more times this step is repeated the more rubbery the substance will become.
Cool and play!

Tea bag Painting

You will need:

Tea bag
Water
Paper

Method:

Wet the tea bag and use it to paint!

Tea bag painting!

Tea bag painting is a fun and cheap activity that your little one will love! Just add room temperature water to a container, dip your tea bag in and let your child paint. You might like to experiment with different types of tea bags.

Use words like dry, wet, dip, swing, back and forth.



Great opportunity for one on one time with your little one.

Slime play- add water and microwave (see recipe)



Slime is a fun sensory activity. Slime can be enjoyed by children of all ages and can assist in the development of both cognitive and fine motor skills.

Use words like gooey, slimy, sticky.

Play is one of the most effective ways to support your child's learning.



Grow a plant!



Decorate your cup and find a special spot for your plant to grow.

Talk with your child about what a plant needs to grow e.g. water, sunlight, soil and oxygen.

To further the conversation talk about what we need to live e.g. food, water, shelter.



Sunflower

Sun King

Helianthus annuus

Very easy to grow, this cheerful giant produces large, bright yellow heads on stalks that can reach over 4m, although generally grows to around 1.8m.

GROWING INSTRUCTIONS

- Sow:** **Spring, Summer** in cooler southern regions, also Autumn and Winter in warm tropical areas. Sow 2 seeds per position, direct where they are to grow, 6mm deep, thinning to one strongest seedling. Cover and press down firmly. Keep moist and protect from wind. Seedlings emerge 12-16 days.
- Care:** Soil should be well prepared with compost dug in prior to sowing. Good drainage is essential. Water well in dry weather. Requires little attention once established.
- Tip:** *Lots of sun and shelter from wind, may need staking.*



Spring & Summer



Full Sun



40cm



1.8m



12-14 weeks

Two Little Dickie Birds



Two little dickie birds sitting on a wall,

(Close each hand into a fist with just pointer fingers raised)

One named Peter, one named Paul.

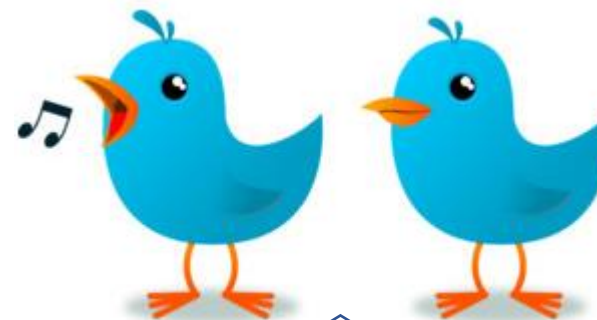
(Bend one pointer finger at a time)

Fly away Peter, fly away Paul.

(Put hands behind back one at a time)

Come back Peter, come back Paul.

(Bring hands back to front one at a time)



Keep your child engaged by changing the bird names to your child or family members' names!

“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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