

# OMO<sup>®</sup> MESSY PLAY ZONE





OMO cares about the development of children and wants to help them develop through play. We believe that every stain represents an important experience – mud stains are the stamp of adventure, grass stains are the sign of exploration and fruit stains are the aftermath of discovery. Learning and playing when you are small is very important. Before the age of 8, your brain and body grow quickly, and you learn social and thinking skills that help you for the rest of your life.

Encourage your child to get messy with our fun activities for a happy, healthy and confident youngster. We'll be there to sort out the dirty clothes afterwards.

*Let's get started!*



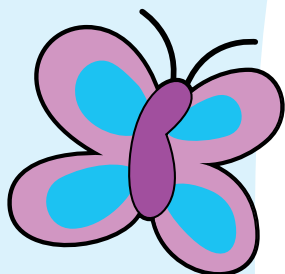


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# Call me *Muddy*

I'm here to help your child develop physical skills. I'll encourage your child to do more physical activities including motor coordination and balance to help them grow strong.





## Activity 1

# Exploring Colour

A fun outdoor activity for a hot day that will help your child learn about colours and how they mix.

### What you need:



Water



Food colouring



Freezer



Play pool or large tub that your child can fit into



Bathtub



Poster paints



Ice cream tubs

### What to do:

First, make some ice cubes and add a few drops of food colouring to each one. Try a range of different colours, and try to make colours that mix well, like blue, yellow and red. Set up a play pool or large tub that your child can sit in wearing old clothes or a swimming costume. Start with a few ice cubes of one colour. Ask your child to name the colour and talk about some things they can see that are the same colour. Let them enjoy the cool ice as it starts melting. Now add a second colour and ask them to name that colour. Ask them what they think will happen if the two colours melt together. Help them to mix the colours as the ice melts and ask them to name the new colour that they see.

### Change it Up

**Make it easy:** Use just one or two colours and point out other things of the same colour to your child.

**Make it a challenge:** Use many colours and have your child point out things that are different shades of each colour (for example, different shades of green in trees and bushes around).

**Play with friends:** Several children can enjoy this activity together. You could give two or more children a tub each to play in (or an ice cream tub each).

**Indoor play:** Do this activity in the bath, or use ice cream tubs to melt the ice cubes in.

### Development Areas

- Gross motor skills
- Fine motor skills
- Imagination
- Problem solving

### Values

Curiosity; communication.





## Activity 2

# Transport Treasure Hunt

A shape-hunting game that will keep your child entertained while helping them to learn new shapes.

### What you need:



Fluffy slime, coloured green (find the slime recipe here)



Medium-sized tub (the deeper the better)



Small transport-themed toys – you can find these at the Crazy Store and other local shops.



Scrap card in different colours



Scissors



Drawing or printout of different shapes



Jelly



Pictures of sea creatures



Plastic shapes

### What to do:

Decide which shapes you want your child to practice with and draw them or print them out as a reference. Cut cardboard into these shapes in different sizes. Make each shape a different colour and cut out at least two sizes of each shape. You can cover the shapes with contact paper or sticky tape to make them last longer if you like.

Make your slime according to the instructions on the OMO Messy Play Zone. Put it into a tub that is big and deep enough for your child to get their hand into. Put the transport toys and the shapes into the slime.

Show your child the drawing of the different shapes they must find. Let them dig in the slime and find each of the shapes. Encourage them to keep going until they've found all of the shapes. As they find each shape, ask them to name the shape and to tell you how many sides it has. When they have found all the shapes, ask your child how many of each shape they have found. Have them arrange the shapes in order from smallest to largest.

### Change it Up

**Make it easy:** Young children can recognize basic shapes. Use just a couple of simple shapes – maybe one that your child knows well and one that they are just starting to learn about. Make a small and a large shape.

**Make it a challenge:** Use more complex shapes and include Diamond shapes (this is a treasure hunt, after all). Make several sizes of shape.

**Play with friends:** Two or more children can each have their own assigned shape. If they find a different shape, they must put it back and keep searching until they find their own shapes.

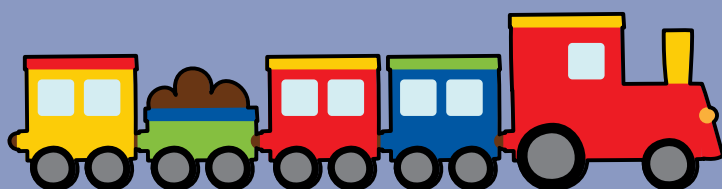
**Indoor play:** This activity can be done indoors in a washable area as it is contained in the tub.

### Development Areas

- Fine motor skills
- Concepts – shapes
- Concepts – numbers
- Concepts – size
- Problem solving

### Values

Resilience; self-confidence; communication.









### Activity 3

## Painting with Clouds

Help your child practice the fine motor skills needed for handwriting while enjoying a creative painting session.

### What you need:



Cotton wool balls



Paint



Paper



Pegs



Food Colouring



Newspaper



Mud and sand (different textures)

### What to do:

Attach pegs to cotton wool balls. Have your child hold the peg to control the cotton wool as they dip it into paint then dab, swirl, drag or push it along paper to create different effects. Encourage them to touch the cotton wool lightly to the paper, and then heavily, to see how this changes the effect. Allow your child to experiment with different effects and colours and don't worry about having a 'finished' picture at the end. Gripping and manoeuvring the pegs is great fine motor practice and learning to combine different moves and colours encourages imagination and creativity.

### Change it up

**Make it easy:** Offer just a couple of colours and guide your child's hand at first to help them get the feel of things.

**Make it a challenge:** Give your child the cotton balls and pegs and ask them to attach the two together before starting to paint with them.

**Play with friends:** A few friends can work together to create a large painting with each child working in a different colour, or each can create individual paintings. Young cousins or siblings could make a group painting as a present for a grandparent.

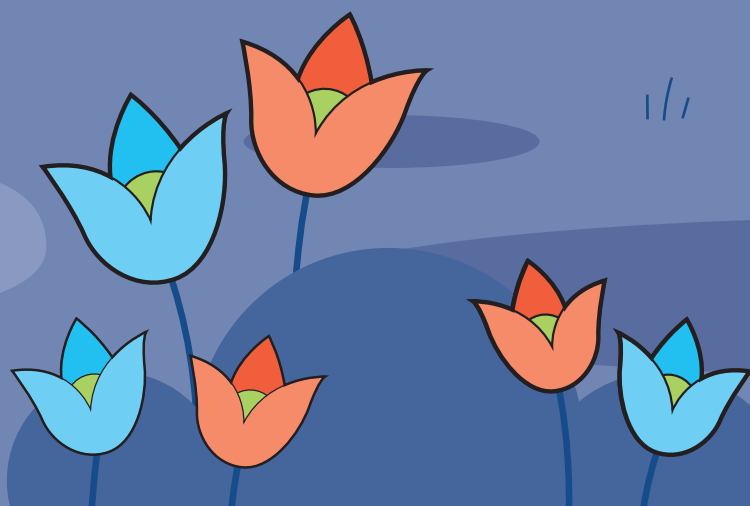
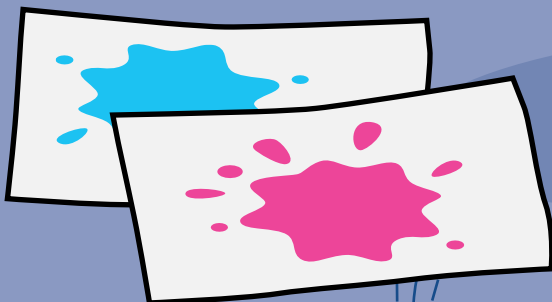
**Indoor play:** Lay down an old sheet or newspaper for your child to work on if you're doing this activity indoors.

### Development Areas

- Fine motor skills
- Imagination

### Values

Creativity; self-confidence.







#### Activity 4

## Stamp it Out

Talk to your child about healthy foods while you create a flower garden picture with stamps made from food.

### What you need:



Potatoes



Celery



Apple



Lemon



Small green pepper



Sharp knife



Poster paints



Paper/ Newspaper



Saucers or tub lids



Carrots



Leaves & flowers



Mud

### Alternative materials:

### What to do:

Cut the apple in half from the top. Cut the lemon in half sideways. Cut the celery at the base, not too close to the root.

Cut the potato in half lengthways. Use the knife to carve a basic stem and leaf shape out of the potato. The areas left raised will pick up paint, while areas carved away will stay blank. Try out different techniques to get different plant and leaf shapes.

Lay out different coloured paints in saucers. Show your child how to dip the fruits and vegetables into the paints and then press them gently on to their paper to make a stamp. Help your child to compose a picture of flowers and trees using the various stamps. The celery stamps look like roses, and apple and lemon stamps make good treetops. Your child can use their fingers to paint in details like trunks, stems and branches.

While you're painting, talk to your child about the different fruits and vegetables you're working with, and about other fruits and veg that your family eats. Talk about how important it is to eat at least five portions of fruit or veg a day to stay healthy.

### Change it up

**Make it easy:** Cut out easy shapes from potato for your child to stamp or use actual leaves and flowers to make parts of the garden picture.

**Make it a challenge:** Allow your child to carefully cut out a leaf shape from a potato to make their own stamp. Ask your child to identify which are fruits and which are vegetables. Discuss the differences between fruits and vegetables.

**Play with friends:** Friends can work together to make one large picture or create individual pictures.

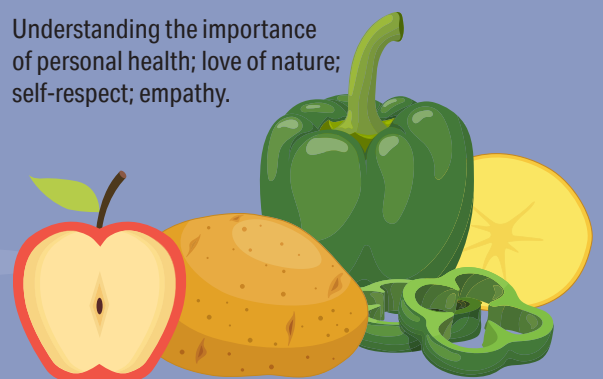
**Indoor play:** Lay down an old sheet or newspaper for your child to work on if you're doing this activity indoors.

### Development Areas

- Fine motor skills
- Concepts – shapes
- Concepts - size
- Problem solving

### Values

Understanding the importance of personal health; love of nature; self-respect; empathy.







## Activity 5

# Bubble Rainbow Painting

Use bubble wrap to create a magical rainbow coloured painting.

### What you need:



Bubble wrap



Masking tape



Poster paint in rainbow colours



Small foam paint rollers



Paper



Food colouring



Shaving foam



Newspaper



Textured wallpaper / old textured fabric or carpet

### What to do:

Tape a large rectangular piece of bubble wrap to a flat surface. Lay out paints in all colours of the rainbow in shallow containers and give your child a paint roller. Ask your child to paint each of the colours in a stripe onto the bubble wrap using the paint roller. Show them how to dip the roller in the paint and then gently roll it along the bubble wrap, starting at the end closest to them and pushing gently forwards as far as they can reach. It's a great way to strengthen your child's arms and shoulders. Ask your child to name each colour as they paint it on. You can set up the colours in rainbow order or let your child choose the order they want the colours in.

When all the paint colours have been tried out, give your child a piece of paper and show them how to lay it down on the bubble wrap and press lightly on it, then lift it to see the beautiful rainbow pattern.

Talk about the different colours of the rainbow while doing this activity. Ask your child how each colour makes them feel. Encourage them to express which colours they associate with being happy, sad or angry. Talk about how we can express emotions in lots of different ways, including through playing, making music or making art.



### Change it up

**Make it easy:** Use just a few colours and give your child examples of how people associate different colours with different feelings. For example, you could say "I like sunny days, and the sun is yellow, so I think yellow is a happy colour".

**Make it a challenge:** Ask your child to paint the stripes in the order of rainbow colours. Do not set the colours out in order.

**Play with friends:** Each child can paint a different coloured rainbow stripe. As each colour is applied, ask the children to talk about what feelings they associate with that colour.

**Indoor play:** Lay down an old sheet or newspaper for your child to work on if you're doing this activity indoors.

### Development Areas

- Spatial orientation
- Thinking skills
- Creativity
- Fine motor

### Values

Creativity; love of nature; understanding change as a normal part of life.



# *My name is Smudge*

I'm here to help develop your  
child's cognitive skills. I'll help  
with creative development  
as well as broaden their  
intellectual thinking.



## Activity 6

# The Shapes of Spring

An indoor or outdoor activity making salt dough shapes to celebrate the arrival of Spring.

### What you need:



1 cup salt



2 cups flour



$\frac{3}{4}$  cup of water



Green food colouring



Rolling pin



Cookie cutters in various leaf or flower shapes

### Alternative materials:



Leaves, flower buds etc from the garden.



Straw or wooden skewer



String/Ribbon



Paper



Glue



Blue & Yellow food colouring

### What to do:

This activity starts with making the salt dough, which is plenty of fun and helps to build small muscles in the hands that are good for pencil grip. Mix the flour and salt together and then add water little by little until you have a doughy consistency. If you like, add some green food colouring so that your dough is a bright spring green. Let the dough sit for a few minutes while you go into the garden or take a walk in the park and gather a few leaves and flowers to use in your ornaments. Remind your child to be gentle with the plants and only to pick a little bit – just what they need. Weeds like dandelions and blackjacks have well-shaped leaves and flowers so you can even get a bit of gardening done while gathering your materials.

Roll out the salt dough to about 5mm thick. Help your child to use cookie cutters to press out different shapes. If you don't have leaf or flower shapes, you can use a butter knife to gently cut out shapes, or just press out circles and basic shapes. Help your child to press the leaves and flowers you have found gently into the dough. While you're cutting out shapes, talk to your child about the different shapes of leaves and how leaves help plants to grow by photosynthesis. Talk about how some plants go to sleep during winter and lose all their leaves, and then new leaves grow in spring.

When your child has a few shapes that they are happy with, use a wooden skewer or a straw to press a hole through the top of the ornament. Dry the salt dough ornaments in the oven at 180°C for about 10-15 minutes (times will vary according to the thickness of the ornament). You could also leave the ornaments in a warm, dry place to dry out overnight. When the ornaments are dry, put string or ribbon through the holes to make a loop to hang them up with.

### Change it Up

**Make it easy:** Prepare the salt dough shapes in advance so your child just has to decorate them.

**Make it a challenge:** Let your child try mixing blue and green food colouring to get different shades of green. Encourage them to do the mixing, cutting and decorating by themselves.

**Play with friends:** This is a great activity to enjoy with friends and there's something special to take home at the end of the day.

**Indoor play:** This activity can be done indoors or outdoors on a washable surface to protect from food dye and mess.

### Development Areas

- Fine motor skills
- Problem solving
- Imagination

### Values

Curiosity; respect; love of nature; empathy.









## Activity 7

# Fruity Chase

An obstacle race that includes a fruity snack to keep your child active and healthy

### What you need:



Poles or sticks



Chairs & tables



Buckets & Small plastic tubs



Fresh fruit, washed and prepared for a snack



Dried fruit



Nuts or other preferred healthy snacks



Fabric



Playground equipment



Cardboard boxes

### What to do:

Set up an obstacle course with things for your child to jump or climb over, crawl under, or step into. At each point on the obstacle course, place a small bowl with a piece of fruit. As your child does each activity on the course, they must name and then eat the fruit to complete that 'checkpoint'. When they finish the course, ask them to call out the names of all the fruits they just ate.

### Change it Up

**Make it easy:** Have just a few easy obstacles and select fruits that your child knows well.

**Make it a challenge:** Create a course that is physically challenging and make reaching the fruit a part of the obstacle (i.e., climb a ladder to get to the fruit on top). Include some fruits that your child has heard of but is not completely familiar with.

**Play with friends:** A group of friends could make this a timed race to see who finishes the obstacle course the fastest.

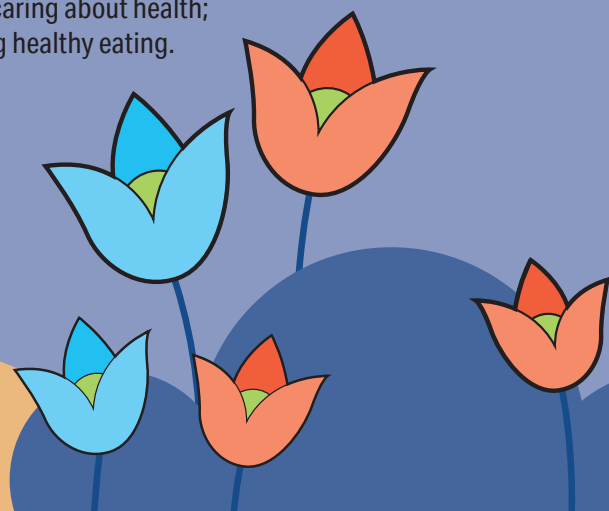
**Indoor play:** Set up a smaller course using household furniture and cardboard boxes.

### Development Areas

- Gross motor skills
- Memory
- Problem solving

### Values

Self-respect; caring about health; understanding healthy eating.







## Activity 8

# Puddle Rainbows

A rainy-day outdoor activity that introduces your child to rainbows and the importance of water.

### What you need:



Puddles



Jumbo chalk/  
pavement chalk

### Alternative materials:



Collect rainwater  
in barrels or tubs  
for use later



Hosepipe



Small  
chalks



Powder  
paint

### What to do:

This activity is a perfect way to let off energy after rain has kept your child inside for a few hours. When the rain has stopped, put on gumboots or sturdy shoes, grab your jumbo chalk and find a big puddle on the pavement. Help your child to draw a rainbow in the shallow part of the puddle and watch how the colours of the chalk blend together because of the water. Break off some pieces of chalk and let your child stamp on them to create spreading puddles of colour that blend together. Encourage them to create rainbow colours.

While you are playing, talk to your child about how rainbows are created when the sun shines through water. Talk about how important both rain (water) and sun are for living beings, and especially for plants. Encourage your child to see a rainy day as a good day, because it brings much needed water.

### Change it Up

**Make it easy:** Draw a rainbow for your child and help them to name the colours.

**Make it a challenge:** Ask your child to draw the rainbow themselves and name the colours as they add them.

**Play with friends:** Allow each child to colour in a different strip of the rainbow and encourage them to work together to create a large rainbow pattern by crushing chalk into the puddles.

**Indoor play:** This activity can be done in a tiled area indoors, such as in a bath or shower, but it is best enjoyed outside.

### Development Areas

- Gross motor skills
- Concepts – colour
- Imagination

### Values

Love of nature; creativity.







## Activity 9

# Houses in All Sizes

Teach your child about different kinds of houses and building materials while building a Fairy House for your garden.

### What you need:



Mud



Straw or Grass clippings



Water



Bowl



A mould – a large ice tray or some small plastic containers



Sticks, leaves and flowers for decoration



Air drying clay



Wooden blocks

### Alternative materials:

### What to do:

This activity takes two or more days as you will first make the 'bricks' and then leave them to dry before building the house. First make your mud mixture. Your child can do this, or you can prepare the mixture for them. Add a scoop of mud to the bowl, then a scoop of water and mix them together with your hands. Add a handful of straw or grass clippings to help it all bind together. Keep adding mud, water and straw until you have a good mixture that holds together well when you form it into a ball.

Get your child to pack the mud into the moulds. A big ice tray is perfect to make brick shapes. Make enough bricks to build a small 'fairy house' about the size of a shoebox. Set your mud mould aside in a sunny, dry spot for at least 24 hours to dry.

When your bricks have dried out, it's time to build a fairy house. Choose a sheltered place in your garden. Prepare a bowl of fresh, runny mud. Gently remove the bricks from the mould and help your child to lay out the bricks in a square. Don't forget to leave a doorway! Add more layers of bricks, with mud as a mortar, to build walls. Use sticks across the open doorway space so that you can carry on the brick layer above the doorway. When you have built up the walls around the four sides of the house, it's time to put on a roof. Show your child how to place sticks across the tops of the walls and then lay large leaves on top of the sticks to make a roof. The garden house is now all ready for the fairies to move in...

While you're doing this activity, you can talk to your child about the different types of houses that people live in, and the different materials houses are made of. Ask them to talk about some of the houses they have visited or seen.

### Change it Up

**Make it easy:** Build a sandcastle house or make basic mud walls with your child.

**Make it a challenge:** Let your child take charge of the brickmaking and the house design. Show them how to make a lintel out of a stick for the doorway and challenge them to make a window space using the same technique.

**Play with friends:** A group of friends can work together to build a house, or some can build a house while others design and build a garden or make furniture out of natural materials.

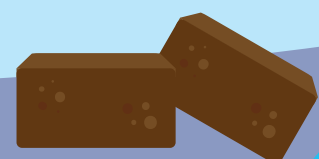
**Indoor play:** You can make an indoor fairy house using air drying clay to make the bricks or make 'quick' bricks using playdough.

### Development Areas

- Fine motor skills
- Concepts – shelter
- Problem solving

### Values

Respect; empathy; teamwork.

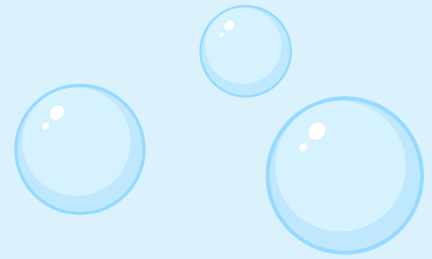






## Activity 10

# Crazy Car Wash



Getting toy cars dirty and then clean again practices lots of fine motor skills while having tons of fun.

### What you need:



### Alternative materials:



### What to do:

Fill one tub with mud and the other with water and dish liquid. Whip up the foamy dish liquid to make plenty of bubbles. Use the stiff card to make a bridge between the two tubs and tape it down at each end. Show your child how to drive their toy cars through the mud, over the bridge and into the 'car wash'. They'll love the different sensations of the mud and soapy bubbles. While they are 'driving' and washing their cars, talk about the different forms of transport and discuss the kinds of transport they might have been in.

### Change it Up

**Make it easy:** Make the bridge low and short so it's easy to 'drive' the toy cars across it.

**Make it a challenge:** Make a track between the tubs for the toy cars to follow, with turns and ramps.

**Play with friends:** This activity can be played by one or many children in the same way. You may need larger tubs and more bridges if there are lots of children.

**Indoor play:** Make a smaller 'indoor-friendly' version of this activity by using just a small tub of mud and building the bridge directly to your kitchen or bathroom sink.

### Development Areas

- Fine motor skills
- Visual perception

### Values

Self-confidence; communication; teamwork.

## *I'm Grassy*

I'm here to help develop your child's social skills. I'll help your child understand their emotions so they can be more sociable and interact with other children.







## Activity 11

# Sensory Path

An exciting and stimulating outdoor activity path to enjoy every day or add to challenges.

### What you need:



An area of your garden that can be set aside for a short pathway



Short lengths of wood or other material to border each section



Wood chips, pebbles & gravel



Straw & grass cuttings, leaves



Mud



Tubs to place material into



Sandpaper



Bubble wrap



Cotton wool, string or paper scraps

### What to do:

You can make this path as long or as short as you like. Mark out an area for the pathway and use your borders to create stepping spaces. Make sure that these are not too far apart for little legs. Into each 'stepping stone' space, place a different material: wood chips, grass cuttings, gravel etc. Don't use materials that could hurt your child but do try to have different kinds of things that might be a bit uncomfortable to step on, like gravel, or soft, like straw or grass cuttings. If you use mud, make this the last stepping stone, so that the mud doesn't get tracked into the other spaces.

Your child can help you to build this pathway, depending on their age and ability, and you can use this opportunity to talk about the different sensations they think they will feel with each type of material.

When the path is complete, have your child walk or hop along it and describe each sensation as they go. You can use the path to play hopping games and sometimes change the materials to explore different sensations. Ask your child which are their favourite stepping-stones, and which are their least favourite, and why.

## Change it Up

**Make it easy:** Make the path short and let your child walk along it and describe sensations.

**Make it a challenge:** Make the path longer. Blindfold your child and lead them along the path, asking them to guess what each material is.

**Play with friends:** Friends can lead each other along the path or play hopscotch by calling out a material and a hop-skip combination their partner must use to get to it.

**Indoor play:** You can use plastic tubs or trays to keep the materials in, or use more indoor-friendly sensations, like sandpaper, bubble wrap, cotton wool and so on. Enjoy gathering different materials with your child and talking about what they might feel like under the feet.

## Development Areas

- Gross motor skills
- Imagination
- Problem solving

## Values

Curiosity; love of nature; communication; empathy.





## Activity 12

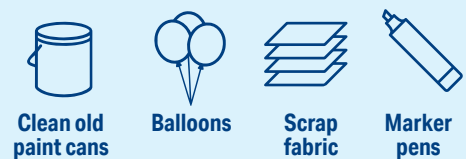
# Percussion Play Time

Create percussion instruments with your child and learn to make fun rhythms together.

### What you need:



### Alternative materials:



### What to do:

Take a clean tin can and help your child to stretch plastic over the open end. Use an elastic band to secure the plastic around the can. Try to do this with two or more different sizes of can. You could also try using different materials to stretch across the top of the can. Make sure whatever you use is securely fastened so that when your child taps or pats the top it will stay in place and make a sound.

Next, take a toilet roll inner and cover one end with paper. Use an elastic or tape to hold it in place. Put a few beans and/or some rice grains into the toilet roll, then seal the other end with paper so it is closed on both sides.

Let your child use paint or marker pens to decorate their instruments. Show them how they can make different sounds by shaking the toilet rolls and tapping or patting on the tin cans. Try using a small stick to tap on the tin can drum.

Play a short rhythm on one of the instruments and ask your child to copy it. Then ask them to make up a rhythm for you to copy. Try out different sounds and rhythm patterns.

### Change it Up

**Make it easy:** Help your child to make their instruments then let them decorate. Teach your child a basic rhythm to copy.

**Make it a challenge:** Let your child make and decorate their own instruments. Encourage them to try different materials to cover the cans and toilet rolls with, and to use different amounts of beans/rice inside the toilet rolls to get different sounds. Give them more complicated rhythms to copy.

**Play with friends:** A group of friends can make a 'band' and put together a set of rhythms into a song to play for everyone.

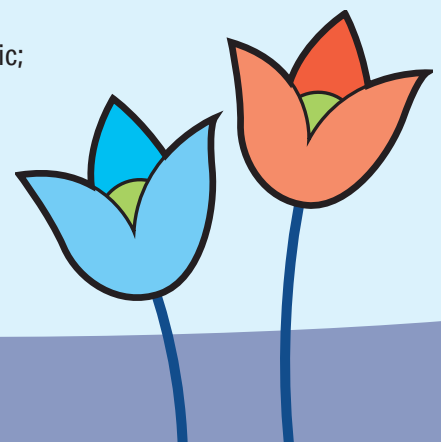
**Indoor play:** This activity can be done indoors or outdoors.

### Development Areas

- Fine motor skills
- Concepts – rhythm
- Concepts – counting

### Values

Communication; love of music; self-confidence.







### Activity 13

## Colour Change Bags

This fun paint mixing activity helps your child to learn the names of different colours and how colours can be mixed to make a new colour.

### What you need:



Sealable plastic bags



Poster paints



Paper



Paintbrushes



Food colouring



Water



Newspaper



Sticky tape



Clear plastic containers

### Alternative materials:

### What to do:

Into a sealable bag put a little of one colour of paint, near the bottom of the bag. Lay the bag flat and add a little of a different colour near to the top of the bag (don't let the two colours run into each other). Seal the bag carefully. Encourage your child to push on the bag, still lying on the table, to make the two colours pool together. You can also let your child pick up the bag and smooch it to get the colours to mix. Point out how the colours change as they mix together. Ask your child to name the two colours they started with, and the colour that they have at the end. Discuss what might happen if you added more of one colour or the other. Talk to them about Primary and Secondary colours. When your child has finished mixing colours, let them paint a picture of something that is usually that colour.

Reminder: Red + Yellow = Orange; Red + Blue = Purple; Yellow + Blue = Green. Red, yellow and blue are the primary colours.

### Change it Up

**Make it easy:** Stick to just one bag with two colours in it and help your child to gently push the colours towards each other.

**Make it a challenge:** Try adding extra colours to the bags or add white to see what happens. Ask your child to point out some things in the same colours.

**Play with friends:** Give each child a bag with a different combination of colours to try out.

**Indoor play:** Lay down an old sheet or newspaper for your child to work on if you're doing this activity indoors.

### Development Areas

- Fine motor skills
- Concepts – colours
- Problem solving

### Values

Imagination; creativity; communication.





## Activity 14

# Body Painting

Make a giant 'painting' of your child by covering them in bath paint. They'll enjoy lots of messy fun while learning names for the different body parts.

### What you need:



Container



Old shower curtain, cleaned



1 cup kid-friendly shampoo/bodywash



1/2 cup corn starch



1-2 Tbs water



Food colouring

### Alternative materials:



paper/newspaper



shaving cream



Powder colours (Holi colours)

### What to do:

First prepare your bath paints. Your child can help with this. Mix together the soap and corn starch, then add the water a little at a time until the paint is thin enough to paint with but not too runny. Decide what colour you want to make it and add a couple of drops of food colouring, then mix again. This will make quite a lot of paint but make extra if you think it's not enough for this project. You can always store it for bath time fun.

Lay out the shower curtain. Have your child put on old clothes or a swimming costume. Now coat the back of their body in paint. While you are painting them, ask your child to name the body parts that are getting painted. You can use this opportunity to talk about personal space and how some parts of their body are private. Remind your child that they always have the right to say no if someone wants to touch them in a way that makes them uncomfortable.

When you have painted your child's legs, arms and back, have them lie down on the shower curtain to make a life size 'print' of themselves. Help your child to stand up so that they don't smudge the print too much. Now they can use their hands and fingers to decorate the area around the print and create a life-sized self-portrait. You can make other colours of bath paint to decorate with, and use flowers, leaves and other natural items to decorate the portrait. Take a photo of the finished portrait for your child to keep, then clean off the shower curtain so it can be used again.

### Change it Up

**Make it easy:** Sing nursery rhymes like 'Head, shoulders, knees and toes' to help your child remember the different body parts.

**Make it a challenge:** Ask your child about internal body parts like the skeleton, heart, lungs, eardrums and so on.

**Play with friends:** A group of friends could have a wonderfully messy time making a group portrait. Make a competition to call out the names of body parts as you point to them – whoever calls out first gets to add the next decoration on the picture.

**Indoor play:** This activity could be done in a bathroom as the bath paint is designed to wash off tiles.

### Development Areas

- Gross motor skills
- Concepts – body parts

### Values

Self-confidence; self-respect; empathy; creativity







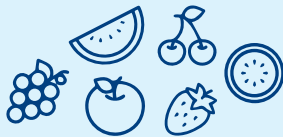


### Activity 13

## Tasty Treasure

A snack-time activity to help your child practice counting.

### What you need:



Jelly, Fruit snacks (e.g., orange segments, pineapple pieces, grapes, banana slices) Jelly in the same colour as the fruit, Water

### Alternative materials:



Yoghurt



Cooled  
cooked pasta



Vegetable  
pieces

### What to do:

Prepare the jelly snack in advance. Make the jelly according to the packet instructions and put it into the fridge until it has set just a little (so it's not completely watery). Add the fruit segments to the jelly. The jelly should be the same colour as the fruit so you can't easily see the fruit in the jelly. If you like, you can add some clean small toys in to the jelly as well, to make a themed activity.

When the jelly is set and it's time for a snack, bring out the jelly and allow your child to dip their hands into it and feel for the fruit pieces. Tell them "there are five pieces of fruit" and ask them to tell you what kind of fruit they find. Ask them to count the fruit as they find it until they've found all the pieces. They can eat the fruit as they find it or keep it to count once more when they've found all the pieces.

### Change it Up

**Make it easy:** Put just a few pieces of fruit in the jelly and let your child dig around to find the fruit.

**Make it a challenge:** Put several pieces of fruit in the jelly and give your child a pair of tweezers to pull the fruit out with.

**Play with friends:** A group of friends would each need their own bowl of jelly to keep things hygienic. You could make different colours of jelly for each child and encourage the children to compare the different colours and fruits.

**Indoor play:** This activity can be done indoors with a large tray or some sheets of paper under the snack table to catch sticky jelly blobs.

### Development Areas

- Fine motor skills
- Concepts – numbers
- Concepts – counting
- Concepts – colour matching

### Values

Resilience; the importance of personal health.

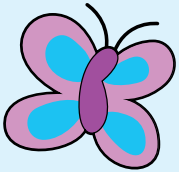
# Create your Mess

*OMO promotes a world of messy fun! Create textural landscapes with colourful rice, build wonderlands together using DIY playdough or invent outdoor games with washable paint and your imagination. Fill up your sensory bins with messy tools and encourage your kids to explore with our fun DIY articles.*



Slime has fast become popular among children across the world. Their fascination with the gooey substance has quickly grown into what we can only call a messy play obsession - and what's not to love. Because OMO believes that children learn through exploration, we've decided to put together a few slime recipes that can be made in the comfort of your home using simple ingredients.

Well, what are we waiting for, let's get going, the slime awaits! And if you are concerned about the mess, there is light at the end of your laundry tunnel. OMO offers the best laundry detergents for the job, to help remove stubborn dirt and stains after a stimulating session of messy play.



## Glue Based Slime

This homemade slime recipe only takes a few ingredients and a few minutes to make but it will keep your children entertained and stimulated for hours.

**Method:** Add glue and food colouring together into a bowl, mix in the activator. The more activator you add, the thicker it will be. The less activator you add, the slimier it will be. Add according to your preference. Knead the mixture together like you would with baking dough. Store slime in a container to avoid it drying out and well, there you have it, Goopy slime that your children will thank you for. It's always good to remember the importance of getting your hands dirty while learning. Find out more on messy play and the role it plays in your child's development.

## Glitter Slime

Well, hello sparkles! Glitter slime looks as glamorous as it sounds and making it is super easy.

**Ingredients:** 2 x 150g bottles of Glitter- Different colours according to preference. 250g bottle of school glue 1 tablespoon bicarbonate of soda 2 tablespoons of contact saline solution, borax or activator

**Method:** Empty the glue into a bowl, add bicarbonate of soda to the middle and pour the activator into the mixture, borax can be used as a substitute. Mix the mixture through

well until you get the desired texture. Knead the slime thoroughly and voila, homemade glitter slime. Store in a bowl with a lid to avoid the slime drying out. Have fun while mixing and kneading, OMO will be there to take care of those developmental stains later.

## Fluffy Slime

Fluffy slime, just what the kids ordered. Here's how you make it.

**Ingredients:** 250g bottle of white school glue 2 tablespoons of OMO liquid laundry detergent or contact saline solution 1-2 cups of shaving cream Food colouring

**Method:** Add the glue and the food colouring into the bowl, add in OMO liquid laundry detergent, mix well and combine shaving cream to the mixture. The more shaving cream you add, the thicker the mixture will become. When you have your desired texture, knead the slime as you would baking dough. And that's about it, fluffy slime!

Don't worry too much about getting your clothes clean after, OMO liquid laundry detergent will have your clothes spick and span while you spend time making slime-balls! Include some styrofoam balls or baking spice to give all your homemade slime recipes a delicious fragrance of either cinnamon, pumpkin spice or nutmeg. Be sure to store foam in an airtight container to keep the texture from hardening.

*Fill up your sensory bins with messy tools and encourage your kids to explore with our fun DIY Messy Play filler recipes*

**SCAN HERE**  
or visit  
**OMO.CO.ZA**  
to find out more



# quick stain removal tips

Playing outside all day can create stains that are tough to remove, here are some helpful tips on stain removal that you can use at home:

## STICKY SITUATION

Gently remove excess honey with a butter knife. Mix warm water and a teaspoon of OMO Auto Liquid. Soak a clean sponge in the mixture and blot until it has fully disappeared.

## PESKY PAINT

Oil-based - hold an absorbent pad under the stain and dab it with white spirit. Put the clothing in the washing machine on a high temperature.

Acrylic - hand wash with OMO and water, then use the washing machine.

## STUCK IN A JAM

Immediately remove the piece of clothing and rinse the jam stain under warm water. This will dissolve the sugar. Dip the stained area in some water mixed with a cup of OMO Handwash Laundry Liquid.

## CRAZY CRAYONS

Pre-treat with OMO Auto Washing Liquid before popping the clothing into the washing machine.

## GREEN GRITTY GRASS

To get rid of grass stains on cotton, hand wash in cold water with OMO to break the stain down, then throw it in the washing machine.





**Congratulations! You've completed all the OMO Messy Play Zone activities!**  
We hope you had a great time playing. Share your pictures with family and friends  
and encourage them to benefit from outdoor play.

For more exciting, interactive and messy games visit:  
🌐 [www.omo.co.za](http://www.omo.co.za) | [f @omosouthafrica](https://www.facebook.com/omosouthafrica) | [@omo\\_southafrica](https://www.instagram.com/omo_southafrica)





**Being grateful is being thankful for something that makes your heart happy, like:**



**Playing with friends**



**Being with family**



**Tasty food**



**Listening to music**



**Comfy clothes**



**Story time**

*OMO believes in the importance of Early Childhood Development and that equipping children with the necessary values and skills in life will help maximise their future well-being.*

**Visit [www.omo.co.za](http://www.omo.co.za) for fun activities to do at home or with friends**



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