



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

Shape Hops

This is a hopscotch game using basic shapes that will help your child with motor coordination and balance.

What you need:



Cups



Water



Chalk



Bucket



Tape



Washable
paints



Large sheet
of paper



Marker
Pens

What to do:

Draw a hopscotch pattern on the ground outside. You can use chalk to draw on a hard surface or scratch a pattern into dirt or sand with a stick. Use shapes that your child is familiar with.

Explain to your child that they will jump into each shape in a different way. Think about a movement they need to do on each shape: e.g., jump with two feet into a circle or balance on one leg on a square.

Give your child a cup of water. They will try to jump and hop from one end of the pattern to the other without spilling the water.

Change it Up

Make it easy: Just hopping or jumping into each shape can be a challenge. Get your child to name each shape out loud as they move.

Make it a challenge: Place a full bucket of water at one end of the pattern and an empty bucket at the other end. Your child must hop and jump correctly along the pattern without spilling their water, then pour the water into the bucket and return to get another cup of water. They repeat this until they have transferred all the water from one bucket to the other, trying not to spill any along the way.

Play with friends: Make it into a race to see who can fill their bucket first. Just a few children can each have their own hopscotch pattern. If you are working with a larger group, make it a relay race so that four or more children work together at each hopscotch pattern to move the water from one bucket to the other.

Indoor Play: You can create a hopscotch track indoors using chalk or tape. If the space is very small, draw the hopscotch track on a large piece of paper and get your child to close their eyes and point at random to a block (take the nearest block to where their finger lands).

Development Areas

- Movement
- Balance
- Brain development
- Understanding your surroundings
- Memory

Values

Honesty; fairness; teamwork; work ethic





Activity 2

Mud painting

This mud painting game will help your child with pre-writing strokes and forms in an exciting finger-painting exercise.

What you need:



Sand



Water



Paper



Bowl



Sticks



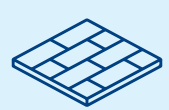
Finger
paints



Cardboard



Brushes



Tiled floor
or kitchen
counter

What to do:

Prepare in advance by drawing some basic shapes or simple lines (zig-zag or curvy, for e.g.) as an example. Follow a developmental guide as to what is expected at your child's age, such as horizontal line, vertical line, circle, diagonal line, etc.

In a small container, mix sand and water to a runny consistency. Show your child how you can dip your finger or a stick into the mud and use it to paint with. Ask your child to copy some of the strokes in your example. They can paint onto a piece of newspaper or cardboard, or directly onto a surface outside.

Change it Up

Make it easy: Use very simple lines and shapes.

Make it a challenge: After about age 4, your child should be able to copy + signs, triangles and circles. Encourage them to copy horizontal and vertical lines so they are the same length as yours.

Indoor play: You can do this mud painting activity indoors as mud won't stain tables or floors. Use old newspaper or cereal boxes to paint on.

Development Areas

- Movement
- Knowing your surroundings
- Understanding your surroundings
- Memory

Values

Focus; awareness of others; creativity.



Let's get
throwing!





Activity 3

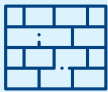
Body target practice

This mud throwing game is a fun way to help your child learn about body parts.

What you need:



Chalk



Wall



Sand



Water



Balls of paper



Plastic balls



Tennis balls



Finger paint

What to do:

Have your child lie on a flat surface or stand against a wall. Use chalk to draw an outline around them.

If you're outdoors and there is sand nearby, use that, or fill a container with some sand. Add water to make a thick mud. Help your child to make mud balls for throwing.

When you have a few mud balls, show your child how to throw the ball at the chalk outline so that it lands on a particular spot. Call out a part of the body, such as 'knee' and throw the mud ball at that spot. Let your child throw mud balls as you call out places for them to target. Let them keep going until they have thrown all of the mud balls.

Change it Up

Ask your child to call out the name of the body part they are going to target, instead of you naming it. Or ask your child to throw the mud ball randomly and then name the body part they hit.

Make it easy: Target limbs and big body parts.

Make it a challenge: Have your child try to target smaller areas such as hands and feet.

Play with friends: Have friends each draw a chalk outline to work with, or they can take turns throwing mud balls at one or two outlines.

Indoor Play: You can tape newspaper together to draw the body outline on and use mud to throw or give your child a watergun to squirt at the body part.

Development Areas

- Sight
- Listening
- Body awareness
- Knowing your surroundings
- Balance and stability
- Hand-eye coordination

Values

Self-confidence; patience



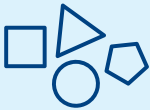


Activity 4

Sorting and walking

This simple and fun activity combines shapes and movement to help grow your child's muscles and teach them about shapes.

What you need:



Shape objects



Grassy area



Cardboard
in different
shapes



Coloured
marker pens



Tape



Chalk

What to do:

Collect a few everyday objects with different shapes (a rectangular rubber, round pot lid, square Tupperware lid, for example). Find a space that has a clear edge, like a patch of grass or even a blanket spread on the lawn.

Show your child each of the shapes and then pile them on one side of the space. Explain that they need to move all of the shapes, one at a time, from one side of the space to the other side. They should use a different movement for each shape (e.g. frog jump for a rectangle or crab walk for a circle).

Keep playing until all the objects have been moved from one side of the space to the other.

Change it Up

Make it easy: As the child to just name each shape as they move it instead of doing a special movement.

Make it a challenge: Give your child more difficult movements to make and make the distance between piles longer.

Play with friends: Decide what move goes with which shape in advance. Children can compete to get all their shapes across the space fastest. If you have more than one of each shape, ask the children to sort them as they take them across.

Outdoor play: This activity can be done indoors or outdoors. If you're outside, you can make the distance across the space longer for a more challenging activity.

Development Areas

- Body awareness
- Knowing your surroundings
- Movement
- Balance and stability
- Problem solving
- Understanding your surroundings
- Memory

Values

Responsibility, teamwork,
focus, task management.



The background features a stylized landscape with a large, light blue speech bubble on the right. To the left, there are stylized trees with green foliage and purple trunks. The ground is a mix of blue and purple hues with some orange swirls. Two red, one-eyed creatures are present: one in the foreground looking surprised and another in the background looking sad.

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 6

How do I feel?

This muddy emotions activity will help your child identify and express their feelings.

What you need:



2l bottles



Water



Sand



Paper



Sellotape



Photographs



Magazine pictures



Ziploc bag



Squirt gun

What to do:

On some paper or recycled card, draw faces showing a few different emotions. You can laminate the paper or card, put it in a sealed clear plastic bag, or cover it with sticky tape or contact paper. You need to make it fairly waterproof for this activity.

Take a clean 2L bottle and make a few holes in the lid. Fill the bottle with water.

Outside, lay the drawings on the ground and cover them with sand/mud.

Give your child the 2L bottle and show them how to squirt water onto the drawing to clean away the mud and show the different emotional expressions.

Change it Up

Make it easy: Draw only very basic emotions like happy and sad.

Make it a challenge: Show the same expression on your face and ask your child to try and show it on theirs. Talk about each emotion and what it means to them.

Indoor play: You can do this activity inside working on a waterproof surface. Bring in a little mud in a container to cover the pictures with.

Play with friends: Split the children into groups and reveal a few emotions at a time, with 1 for each child.

Development Areas

- Multitasking
- Listening
- Problem-solving
- Planning

Values

Social awareness; resilience; work ethic; task management.







Activity 7

Taking care of nature

This garden exploring group activity will help your child learn to care for nature and develop their social awareness skills.

What you need:



Water



x2 small cups



2l bottles



x2 large buckets



Plant

Alternative materials:



Jugs



Waterproof mat



Chalk



Indoor plants

What to do:

This is an activity for the whole family or a group of friends.

Create a competitive atmosphere to make this activity more fun and exciting.

Divide the group into teams and give each person a cup. Fill a 2L bottle with water and make a hole in the lid. Nominate a child to fill their teammates' cups using the 2L bottle. Once all the cups are full, the teams will run to their bucket and empty the water into it as fast as they can. The team that finishes first wins!

When the buckets are full, help the children find trees or plants that they can water in the garden. Explain why plants need water, and why it's important to care for plants.

Change it Up

Make it easy: Use a small amount of water so cups don't have to be filled too often. Make sure that the cups are easy for small hands to hold.

Make it a challenge: Get the group to run further to get to their bucket. They have to make sure they don't spill any water on the way.

Indoor play: This activity works best outside, but you can adapt it for indoor play by having your child and their friends transfer water from cup to cup until it's been passed all the way around the group and then into a bucket. Do this activity in a bathroom or kitchen or put down a waterproof mat to play on.

For a single child: Start out by playing the Shape Hop activity with your child, then use the water they have transferred to the bucket to water plants.

Development Areas

- Social awareness
- Self-control
- Task management
- Listening
- Problem solving
- Estimation
- Movement

Values

Teamwork; love of nature; responsibility; relationships.



Let's
play!





Activity 8

Hands and feet

This tracing activity will get your child to decorate their prints while learning to work in a team.

What you need:



Paper



Pencil



Glue



Newspaper



Marker pens



Buttons, ribbons, etc.



Coloured paper scraps



Sweet wrappers

What to do:

Start by taking a walk in your garden or a park and collecting some natural items. Twigs, berries, leaves, grass stalks or flower petals will work well.

Next, take a large piece of paper or newspaper and lay it on the floor. Help your little one trace their hand or foot using chalk, pencils or crayons. You could also trace them in the sand using a stick.

Now encourage your child to decorate the print using the natural items you have found. You can stick the items down with a glue stick or leave them loose so your child can rearrange them and try out different patterns.

Change it Up

Make it easy: Use just a few items for decoration.

Make it a challenge: Encourage older children to use lots of different items to get really creative.

Indoor play: This activity gives you a chance to be outdoors with your child and to talk to them about nature while they gather their decorations, but the activity itself can be done indoors or outdoors. If you can't get outside to gather natural materials, use sweet wrappers, coloured scrap paper, buttons and other small household items for the decorations.

Development Areas

- Creativity
- Task management
- Concepts – colours and object counting
- Controlling how parts of your body move
- Balance
- Knowing Left from Right

Values

Love of nature; self-confidence; creativity.





Let's
explore!



Activity 9

Making a happy or sad face

This face building activity will teach your child how to display emotion.

What you need:



Paper plates



Glue



Natural items



Cereal Box



Scrap paper



Newspaper



Sweet wrapper

Alternative materials:

What to do:

Draw an outline of a face on a paper plate. Get your little one to find some natural items outside to decorate the face. Talk about how different emotions look different, and how you can use their decorations to show that.

Talk about other emotions they might have chosen to show.

Change it Up

Make it easy: Draw facial features for the child so they can just decorate.

Make it a challenge: Encourage them to use more interesting decorations and try more complex emotions.

Play with friends: You could give each child a specific emotion to try to express using their decorations.

Indoor play: This activity gives you a chance to be outside with your child and to talk to them about nature while they gather their decorations, but the activity itself can be done indoors or outdoors. If you can't get outside to gather materials, use buttons, scrap paper, sweet wrappers and other small household items for decorating.

Development Areas

- Body awareness
- Knowing your surroundings
- Using your fingers and hands
- Speaking
- Memory
- Planning

Values

Resilience; empathy and caring; creativity; love of nature; self-awareness.





Activity 10

How would you feel?

This activity will help your child express how they would feel in a good and a bad situation. It will help them understand their emotions and self.

What you need:



Sand



Sticks



Stones



Paper



Magazine photos



Small balls



Container of rice or flour

What to do:

Write out some example scenarios on strips of paper. These could be, for example: You come home to find that Mom has made you a cake; you lose a favourite toy; you make a new friend; the lights go out and you are alone in a room in the dark.

Wrap each strip around a stone or twig. Bury the stones and twigs in a sandpit, or in a container of sand if you are indoors.

Ask your child to feel around in the sand and pull out a stick or stone. Read the scenario out to them and ask them to describe how they would feel in that situation. Help them to name the emotion if needed.

Change it Up

Make it easy: Keep it simple and only cover the 'basic' emotions like happy and sad.

Make it a challenge: Ask your child to try and make a facial expression that shows that emotion. Talk about times they might have experienced that emotion. Talk about how a friend or family member might feel if that situation happened to them.

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

Development Areas

- Social awareness
- Listening
- Body awareness

Values

Self-awareness, empathy, caring.



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 11

Muddy shapes

This fun mud moulding activity will help your child learn numeracy and patterning skills!

What you need:



Sandy area



Bucket



Water



Playdough



Cookie dough



Cardboard



Scrap paper

What to do:

Fill a container with water and bring it to a sandy area outside. Show your child how to mix water and sand to make mud, and mould it to form a shape, e.g. a circle. Ask your child to copy you creating shape patterns using mud.

Change it Up

Make it easy: Stick to basic shapes like circles, squares and triangles.

Make it a challenge: Challenge your child to try shapes like ovals, pentagons and octagons.

Play with friends: Children can challenge each other to make different shapes, or to name the shape they have made.

Indoor play: You can do this activity indoors by bringing the mud inside in a container and working on any cleanable surface. You can also use playdough to make shapes.

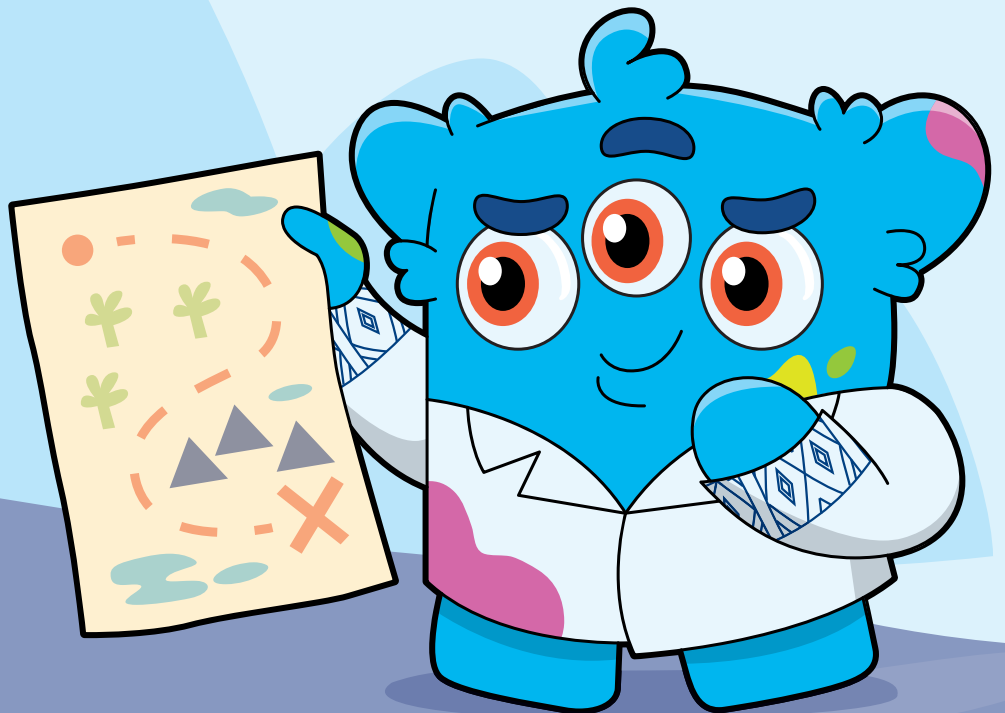
Development Areas

- Movement
- Understanding your surroundings
- Memory
- Problem solving
- Patterning
- Listening

Values

Work ethic; task management; creativity; task management.

Let's go
treasure
hunting!





Activity 12

Shape treasure hunt

Search for gold with this treasure hunting activity that will develop your child's conceptual thinking through shape sorting.

What you need:



Sand or mud



Sellotape



Large box



Cardboard shapes



Cardboard



Scrap paper



Rice / flour



Marker pens

What to do:

Draw a few shapes on a box. Cut the shapes out, colour them in and cover them with sticky tape or contact paper. Take a large box or a plastic container, fill it with sand or mud and bury all the shapes you created.

Ask your little one to close their eyes and dig for the treasure. Help them name each shape they find, and then they can begin sorting them into piles of the same shapes.

Change it Up

Make it easy: Keep to simple shapes.

Make it a challenge: Add in more complex shapes and shapes that are similar to each other so that your child has to pay attention when sorting (for example, circle and oval). Challenge your child to close their eyes and identify shapes by feel.

Play with friends: Make multiple shapes and challenge individuals or small groups to find the most shapes in a given time.

Indoor play: This activity is easy to do at a sandpit or indoors with a container full of sand or rice.

Development Areas

- Hand-eye coordination
- Specific movement
- Problem-solving
- Knowing the difference of things through touch
- Feeling and touching objects
- Shape concept
- Sorting

Values

Self-control; self-confidence; problem solving; teamwork.





Activity 13

Make my mark

This activity will leave a mark by teaching your child how to distinguish between their left and right.

What you need:



Sand



Water



Bowl



Scissors



Paper

Alternative materials:



Poster paints



Newspaper

What to do:

Get a large bowl or container and mix mud (or paint) together with your child. Once you have your mixture, lay a large piece of paper on the floor. Ask your child to dip their hand or foot into the mixture and make a print on the paper. Talk about whether it is their left or right hand/foot. You can also make a print of your own hand and discuss the difference in size between the prints.

Let your child get creative and make a few prints on the page. Let them dry, then help your child to cut them out and create a pathway for themselves outdoors.

Change it Up

Make it easy: You could trace around your child's hand or foot for them, instead of having them make a print. They can then decorate it using paint or natural objects. You can put a sticker or a mark on your child's right hand/foot to help them get used to 'left' and 'right'.

Play with friends: Let the children compare hand and foot sizes, and tell if their friend's print is left or right.

Indoor play: This activity can be done indoors or outdoors. If you don't have any paper handy, you can make prints on an outdoor surface, like a pathway, that can be cleaned off afterward.

Development Areas

- Body awareness
- Being aware of where you are
- Balance and stability
- Hand-eye/foot coordination
- Task management
- Planning
- Knowing up from down and left from right
- Knowing your surroundings

Values

Self-control; working together;
self-knowledge; communication.

Let's count
together





Activity 14

How many sticks?

By creating shapes out of sticks, this exciting activity will teach your child shape and number concepts.

What you need:



Sticks



Sandy area

Alternative materials:



Ice cream sticks



Kebab sticks



Coloured pens



Paper

What to do:

Draw three to five shapes in the sand. The shapes should have straight edges. Stack a pile of sticks close to the shapes so your child can access them during the activity.

Ask your child to put a stick down for every side that the shape has. Ask them to count the sticks out loud as they put them down. Now they know how many sides each shape has.

Change it Up

Make it easy: Do very basic shapes and only two or three shapes.

Make it a challenge: Do more complex shapes with more sides. Challenge them to choose two or more shapes and use the number of sticks in both to create one new shape with many sides. This works more easily if the sticks are roughly equal in length.

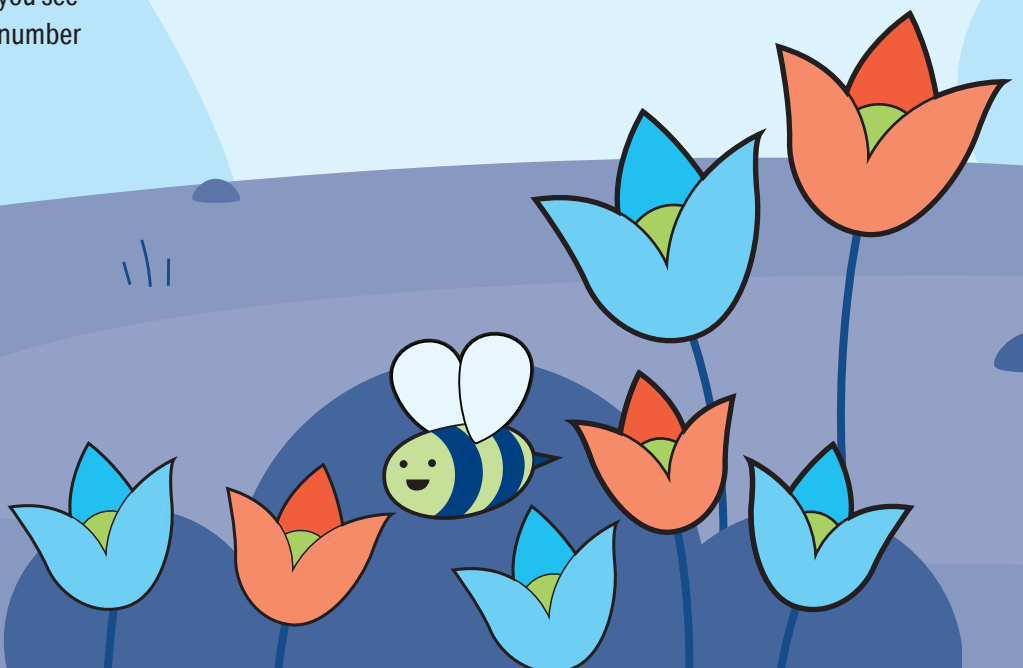
Indoor play: This activity is fun when done outdoors, but it can be done indoors with small sticks, toothpicks or ice cream sticks, and the shapes drawn on paper.

Development Areas

- Knowing where you are
- Understanding things you see
- Concepts – shape and number
- Sight and memory
- Problem solving
- Task management
- Listening

Values

Work ethic; communication; problem solving.







Activity 15

How many seasons?

By displaying the seasons of the year, this activity will help your child with pre-writing skills.

What you need:



Water



White crayon



Mud



Paper

Alternative materials:



Poster paints



Flour



String

What to do:

Think about the symbols that represent different seasons. For example, a sun for summer, rain or snow for winter, falling leaves for autumn and a flower for spring. Use the white candle or white crayon to draw some of these symbols onto the paper.

Mix some water and sand with your child to make runny mud, or you could use paint. Ask your little one to pour the mud or paint on the paper to magically reveal the hidden symbols.

Encourage your child to identify each season from the symbols, to count the number of symbols, and to talk about why these symbols represent the season. Help them to trace their fingers along the lines you have drawn and talk about what types of lines they are tracing (a straight line or a curve, for example).

Change it Up

Make it easy: Draw just one large simple symbol.

Make it a challenge: Have your child try to copy the symbol with a crayon, or by finger-painting with mud.

Development Areas

- Problem solving
- Specific movement
- Sight and memory
- Concepts – counting
- Pre-writing skills

Values

Communication; love of nature; creativity.



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 | [f @omosouthafrica](https://www.facebook.com/omosouthafrica) | [@omo_southafrica](https://www.instagram.com/omo_southafrica)



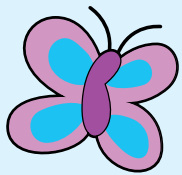
Create your Mess

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.



Edible sand

This safe, faux sea sand makes for a great tactile activity for your toddler. It gets them squeezing, shaping and sifting through the fake grains. And if their curiosity leads it to their lips, you've got nothing to worry about.



Ingredients:

large bin

whole wheat flour (all-purpose will work too, but wholewheat will give your sand a more authentic look)

cooking oil (something light and inexpensive)

whisk

small beach toys

shells and rocks (if desired)

Instructions:

Using 8 parts whole wheat flour to 1 part cooking oil, create enough "sand" to generously cover the bottom of your bin.

This step is super easy--just measure out the ingredients and whisk them together until most of the lumps and clumps are gone (the whisking is a great job for your little one!).

For a giant wash basin, you can use up to 16 cups of flour and 2 cups of oil, Please note that this cloud dough will last for six months or more, making for many, many days of play before it's time to replace it.

With your beach created, simply add some colourful beach toys, shells, and rocks to the surface. But don't worry about spills, OMO detergents are designed for tough stain removal.

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



*Kindness is being
nice to other people.
People know you care
when you are kind.*



**Try these different
acts of kindness:**



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 for fun activities to do at home or with friends



OMO_SOUTHAFRICA



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