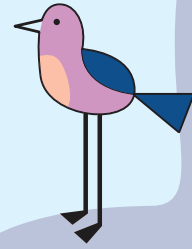


# MESSY PLAY ZONE

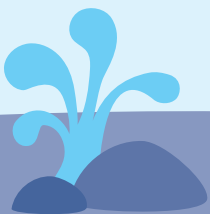




OMO cares about the development of children and wants to help them develop through play. We believe that every stain represents an important experience – mud stains are the stamp of adventure, grass stains are the sign of exploration and fruit stains are the aftermath of discovery. Learning and playing 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!*





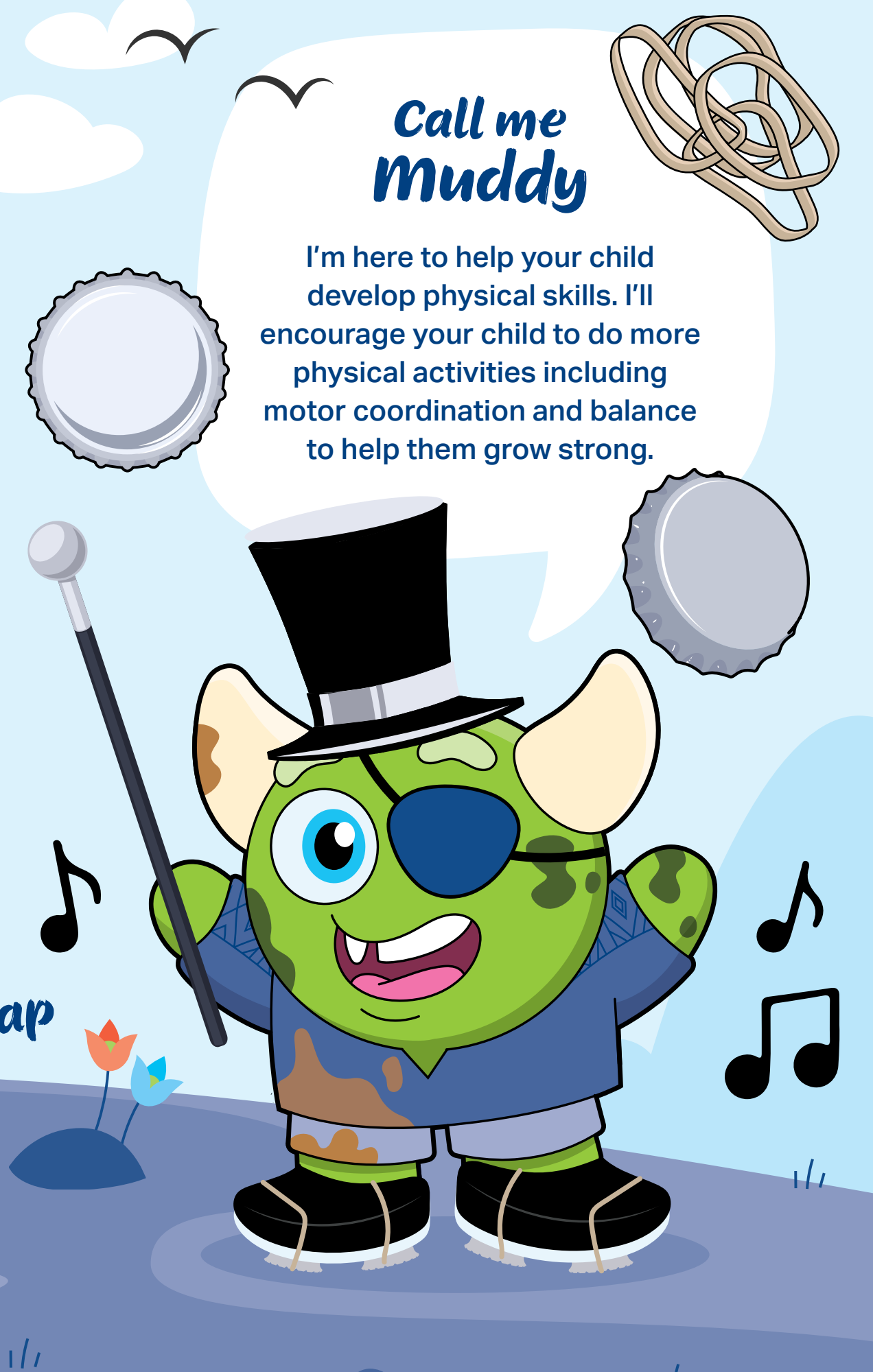
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# Call me Muddy

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.

Tap  
Tap





## Activity 1

# Tap Tap Tap!

Home-made tap shoes are a great way to get your child moving and tapping out a beat.

### What you need:



Old pair of takkies or old school shoes



Elastic



Bottle caps  
(metal caps work best)



Hard floor  
(tiles or cement)



Washers



Coins



String



Glue



Electrical tape

### Alternative materials:

### What to do:

Start by making a hole in each side of the bottle cap edge. Help your child to thread the elastic through the holes and tie it off. Make two or three bottle caps per shoe. When all the bottle caps are ready, get your child to wrap the elastic around the shoe so that the bottle cap sits snugly under the sole. Now it's time to get moving! Play a favourite song and dance around a bit to get the feel of the tap shoes. Ask your child to tap out a beat with just their left foot: 1-2-3-4... 1-2-3-4. Now ask them to tap the same beat with just their right foot. When they've got the hang of the beat, see if your child can tap out an alternating beat of L: 1-2, R: 1-2, L: 1-2, R: 1-2.

NOTE: If you have old shoes that can be dedicated to this activity, glue the bottle caps on, or use electrician's tape wrapped around the shoe to hold the bottle caps firmly in place.

### Change it Up

**Make it easy:** Keep things simple with a basic beat on just one foot at a time, or just let your child enjoy the sound of tapping as they dance to their favourite songs.

**Make it a challenge:** Show your child some online videos of tap dancers and encourage them to try being creative with beats and heel-toe steps.

**Play with friends:** A group of friends can dance together or take turns to present a beat for the others to try.

**Indoor play:** This is an activity you can do anywhere that you have a hard floor and a bit of space for your child to move about. If your space is limited, try using a strong plastic tray and keep the dance movements small while still tapping out the beats with each foot.

### Development Areas

- Gross motor skills
- Spatial perception
- Balance
- Concepts – counting
- Concepts - rhythm

### Values

Creativity; love of music; understanding the value of exercise; teamwork.



G

O

A

L



## Activity 5

# Goal!

Practice kicking and hitting a target in this fun spelling game.

### What you need:



Paper cups



A mini soccer ball



Marker pen

### Alternative materials:



Crumpled up newspaper (used for ball or targets)



Balled up socks



Plastic ball



Plastic bottles (empty cooldrink bottles)

### What to do:

Write a letter of the alphabet on each paper cup. You can spell out specific words, like your child's name or spell out the word 'goal'. Try to have at least four cups, and no more than six. Line up the cups with about 30cm between them, with the letters facing forward. Bring your child to stand a couple of metres from the cups. You might need to adjust how far away they are depending on the strength of their kick and their aim. Ask your child to kick the ball toward the cups and aim for a specific cup. They can take several kicks to try and 'spell' out the word in the correct order.

### Change it up

**Make it easy:** Leave out the spelling challenge and encourage your child to just hit the target cups as often as possible.

**Make it a challenge:** Give your child a score and a prize for spelling out words correctly in order. Change to cups with numbers on them and ask your child to add up the numbers as they score.

**Play with friends:** Children can play in teams or a small group can compete against one another to spell the word/s correctly with the least number of kicks.

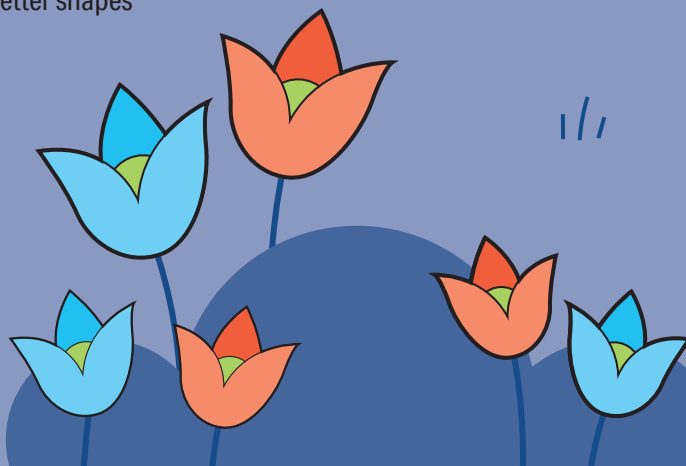
**Indoor play:** If you are playing indoors, use a pair of balled-up socks or some crumpled newspaper to make a soft ball.

### Development Areas

- Gross motor skills
- Pre-writing – recognising letter shapes
- Reading
- Concepts - addition

### Values

Teamwork; perseverance; healthy body.





Splish  
Splash





## Activity 2

# Stretchy Splat

Your child will have tons of fun creating a splatter painting with elastic bands while exercising important finger and hand muscles.

### What you need:



Baking Tray



Elastic Bands



Paper



Poster Paints



Dinner tray



Shallow square dish



Food colouring



Bath paints

### What to do:

Give your child a few elastic bands and show them how to stretch the bands around the baking tray. Put a piece of paper onto the baking tray and let your child drip a few colours of paint onto the paper. Now the fun starts. Show your child how to pull back a little on the elastic and then let go so that it flicks the paper and causes the paint to splatter.

This activity is creative and entertaining and is a perfect way to exercise the small finger and hand muscles that are needed for successful writing and drawing.

### Change it Up

**Make it easy:** Put the elastics on the baking tray for your child.

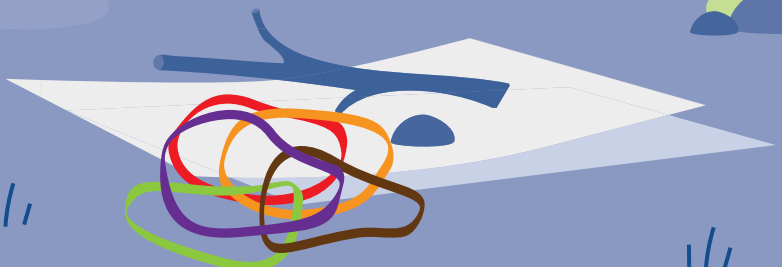
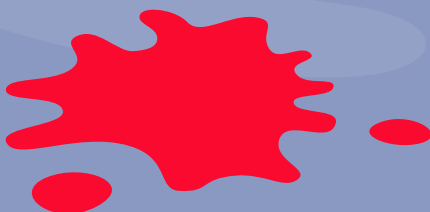
**Make it a challenge:** Have your child use only primary colours and see if they can create new colours by causing the paints to mix on the paper with their elastic splats.

### Development Areas

- Fine motor skills
- Gross motor skills (shoulder strength)
- Visual perception

### Values

Creativity; self-confidence; curiosity.



Click  
Clack





### Activity 3

## Clickety Clack Crocodiles

A two-in-one activity for learning about crocodiles while making a set of castanets for percussion play.

### What you need:



Cardboard



Poster paints



Marker pen



Strong glue



Metal bottle caps



Coloured pens



Coloured tape



Sticky tape



Split pins

### What to do:

Cut your cardboard into strips about 3cm wide and twice as long as you want the final 'castanets' to be. You'll need two strips per set. Let your child paint the cardboard strips on both sides with different shades of green. Explain that these are their Crocodile Castanets. They can draw on eyes or add stick-on 'google eyes'. While your child is decorating their crocodile, you can talk about crocodiles and ask them what they know about crocodiles.

When the paint has dried, fold each strip in half. Use a strong glue or hot glue gun to glue the bottle caps on to each end on the inside of the folded strip.

Show your child how to click the castanets together to make a tapping sound. Practice some basic beats together.

### Change it up

**Make it easy:** Do the cutting and gluing parts of the activity and let your child take charge of the painting.

**Make it a challenge:** Have your child cut the strips, paint them and glue on the bottle caps. You can help them to measure the correct length and width for the strips.

**Play with friends:** A group of children can each make their own set of castanets and then try different beats together.

#### Indoor play:

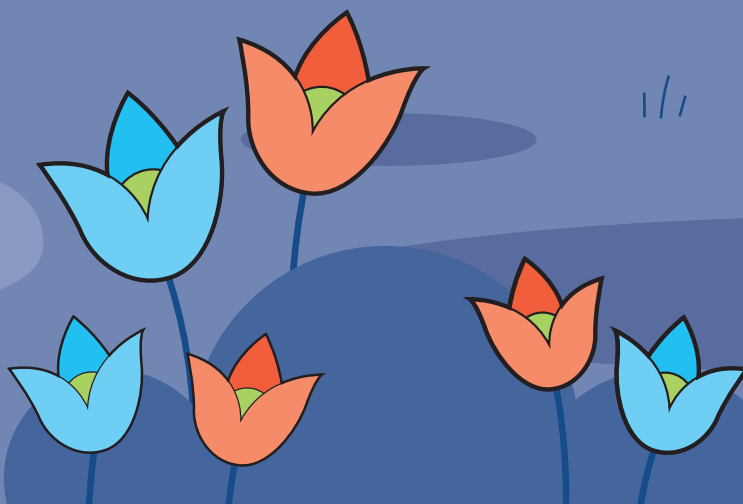
Lay down an old sheet or newspaper for your child to work on if you're doing this activity indoors.

### Development Areas

- Fine motor skills
- Auditory skills

### Values

Love of nature; love of music; creativity; imagination.







## Activity 4

# Creepy Crawly Creatures

Teach your child about invertebrates while you make snail friends out of playdough.

### What you need:



Old, clean snail shells



Playdough

### Alternative materials:



Seashells



Air-drying clay

### What to do:

Have fun with your child hunting in the garden and local park for empty snail shells. The shells don't have to be perfect as long as they're intact. Try to find a few shells in different sizes. You can hunt for shells while you're collecting things for other activities, like our Sun Catcher activity. Clean your shells by boiling them then let them dry thoroughly.

Let your child choose different colours of playdough to roll out into sausage shapes and then add a shell to make their own snail friend. While they're making their snails, tell them about invertebrates, which are animals that do not have an internal skeleton. Talk about how the snail uses its shell as protection, so it is kind of like a home for the snail. You can use this opportunity to talk about the different kinds of homes humans and animals have.

Your child's snail 'friends' can be kept as ornaments, or you can clean the shells out and keep them for other nature-based activities.

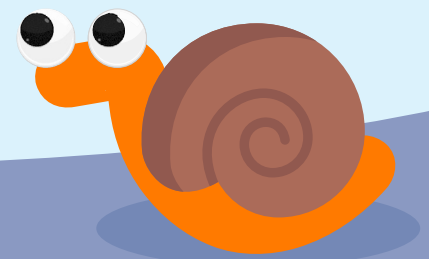
### Change it up

**Make it easy:** Encourage your child to roll out the playdough into fat 'sausages' and show them how to push the snail shell gently into the dough so that it sticks in place.

**Make it a challenge:** Show your child a picture of a snail and ask them to make theirs look as lifelike as possible, complete with 'feelers'.

**Play with friends:** A group of friends can each make their own snails in a specific colour.

**Indoor play:** This activity can be done inside or outside.



### Development Areas

- Fine motor skills

### Values

Respect; love of nature; curiosity.

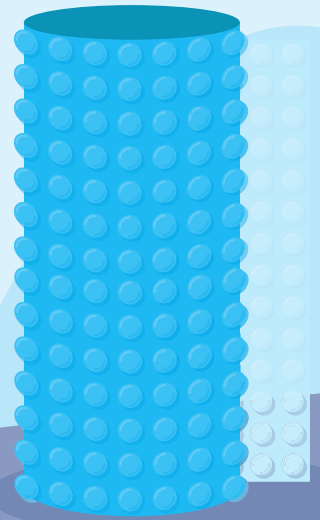


# My name is Smudge

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



pop  
pop





## Activity 6

# Pop Hop

Play a noisy game of hopscotch and practice shape recognition while having fun.

### What you need:



Driveway or paved surface



Jumbo chalk (pavement chalk)



Bubble wrap



Paper



Newspaper



Marker pens



Popcorn

### What to do:

Draw a hopscotch track on the ground using the jumbo chalk. Make each step of the track a different shape. Lay bubble wrap down over the track. Make sure that you have drawn each shape clearly so that it can be seen through the bubble wrap. Invite your child to play hopscotch, jumping and hopping alternately into each square and saying aloud the name of each shape as they land on it. As they jump, the bubble wrap pops loudly, making lots of noisy fun. When your child reaches the end of the track, they should name the shapes in order again, as fast as they can.

If your child gets a shape name wrong, they must go back to the beginning of the track and start again.

### Change it Up

**Make it easy:** Make a short track with basic shapes.

**Make it a challenge:** Make a longer track with lots of different shapes.

**Play with friends:** A group of friends can make this a timed race. Time each child as they complete the track. The winner is the child who finishes in the shortest time.

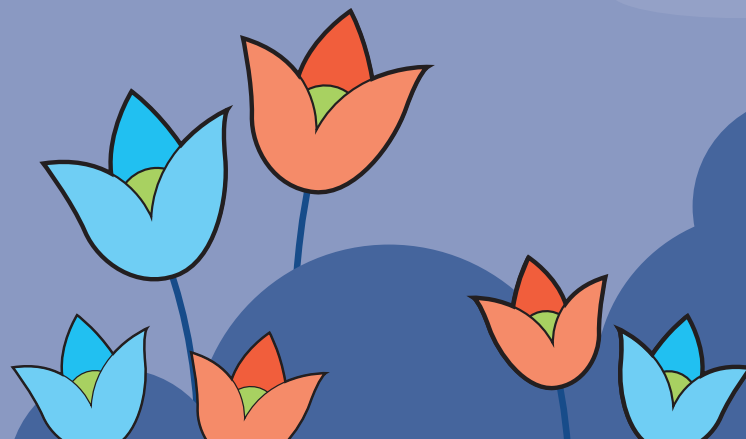
**Indoor play:** This activity can be done indoors if you cut shapes out of paper or newspaper to make the track. Stick the shapes to the floor with reusable adhesive or weigh them down with beanbags.

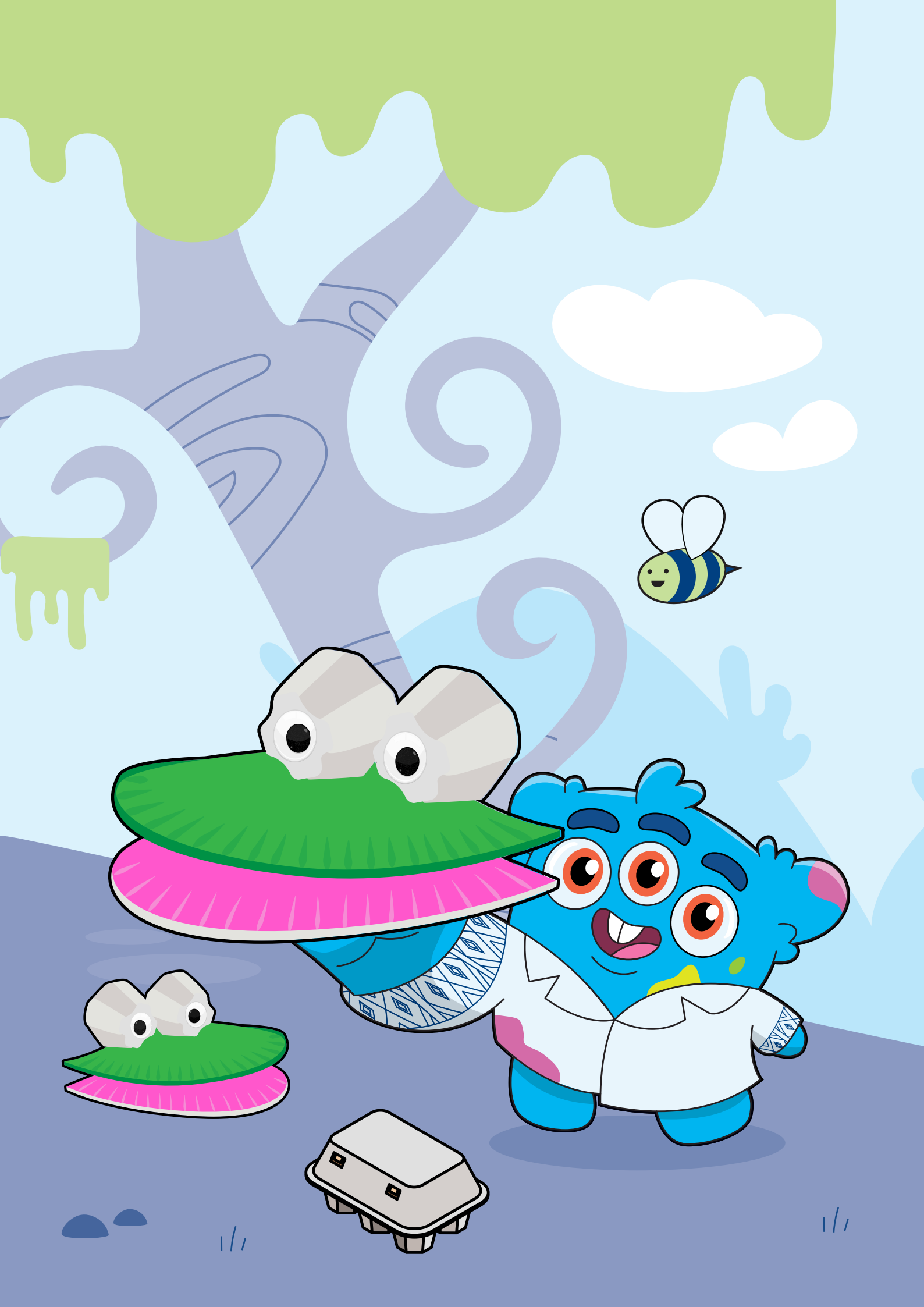
### Development Areas

- Gross motor skills
- Concepts – shapes
- Memory

### Values

Understanding the value of exercise; self-reliance; self-confidence.









## Activity 7

# Froggy Friends

Make a friendly frog puppet from a paper plate and bottle caps.

### What you need:



Paper plates



Egg carton



Paper



Poster paint



Marker pens



Glue



Stapler



Coloured paper



Tissue paper in shades of green



Ping-Pong balls

### What to do:

Show your child how to put a paper plate down on their piece of paper and trace around it, then cut out the circle of paper. Next, let them fold the paper plate in half and cut it in half along the fold line. They can use poster paints to paint the paper plate in shades of green and paint the paper mouth with pink or red paint. When the paint has dried, show them how to fold the paper circle in half and staple the paper plate halves to the paper around the edges (you could use glue if you want to avoid sharp staples here).

Help your child to cut two cups out of an egg carton and paint them white. When the paint has dried, they can use a marker pen to add eye details. Staple the 'eyeballs' to the top paper plate. Your child's friendly frog puppet is ready for playtime. Show them how to slide their four fingers into the top pocket and their thumb into the bottom pocket and then open and close the puppet's mouth.

While you are doing this activity, you can talk to your child about life cycles and use the frog as an example. Frogs begin in eggs, then they emerge as tadpoles and look a lot like fish until their legs grow and they become frogs. You can also mention butterflies and caterpillars as an example of a life cycle.

### Change it Up

**Make it easy:** Do the cutting and putting together for your child and let them have fun painting the frog's green skin and pink mouth.

**Make it a challenge:** Let your child do all the cutting out and putting together of their frog. Use a tissue paper collage to create a more interesting green skin instead of just painting it green. Challenge your child to create a curling tongue out of paper for their frog.

**Play with friends:** Making each frog is an individual activity but groups of children can have fun making their frog puppets 'talk' to each other.

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

### Development Areas

- Gross motor skills
- Memory
- Problem solving

### Values

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





## Activity 8

# Cup Score

Practice target skills and learn about basketball and netball.

### What you need:



Cardboard box



Sheet of stiff card



Glue



Stapler



Paper cup



Ping-Pong ball



Crumpled newspaper



Paper plate with centre cut out



Cereal Box

### What to do:

Cut the bottom off the paper cup. Glue or staple the paper cup to the stiff card so that it forms a 'backing board'. Stand the cardboard box up on end and stick the sheet of stiff card to it. Put the box on a floor or low table. Give your child the ping-pong ball and encourage them to throw the ball so that it goes through the paper cup. If your child is getting the ball in easily, encourage them to stand a bit further away and keep trying.

### Change it Up

**Make it easy:** Use a paper plate with the centre cut out to make a larger hoop for your child to aim for.

**Make it a challenge:** Give your child a goal of a certain number of times getting the ball through the cup. Have them stand further away from the cup. Move the box so that the cup is at your child's eye level or above it.

**Play with friends:** A group of children can take turns to play as a competition individually or in teams. You can make several 'hoops' if there are a lot of children playing.

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

### Development Areas

- Gross motor skills
- Fine motor skills – holding and manipulating small ball

### Values

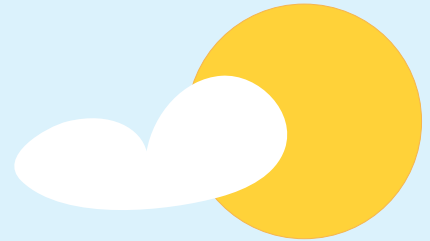
Communication; teamwork; self-confidence.





Activity 9

## Sun Catcher Art



Celebrate summer with beautiful window decorations made with flowers and leaves.

### What you need:



Paper plates



Clear contact paper



Marker pens



String



Flower petals and leaves

### Alternative materials:



Cardboard



Tissue paper



Sticky tape



Poster paints

### What to do:

First, take a walk in your garden or park with your child and gather flower petals and leaves to make your Sun Catchers with. Encourage your child to be respectful and gentle with plants and not to take more than they need. Talk about how the seasons have changed and now that it is summer there are leaves on the trees and flowers are blooming. Point out 'weeds' like dandelions that also have lovely bright flowers and are good for the bees and other insects.

At home, help your child to cut the centre out of their paper plate, leaving a circular frame. Lay the frame down on the contact paper (with the backing still in place) and draw around the inside of the frame. Cut around this circle, giving an extra centimetre or two around the line to stick on to the frame. Show your child how to gently peel off the backing and stick the contact paper to the paper plate frame. You should now have a sticky centre inside the frame. Lay the plate down with the sticky side facing up and let your child create their floral art using the petals and leaves they collected.

When your child has finished their artwork, cut another circle of contact paper to stick on top of it to seal the image. Encourage your child to decorate their paper plate frame. When they are done, punch a hole in the top of the frame and put string through it to hang it up. Help your child to hang their sun catcher in a sunny window and enjoy the summery floral art.

### Change it Up

**Make it easy:** Help your child to place their petals and leaves on the sticky contact paper.

**Make it a challenge:** Give your child tweezers to place their petals and leaves with. This makes it easier not to get sticky, but they will need to concentrate to pick up and transfer the fragile petals carefully.

**Play with friends:** A group of children can each make their own sun catcher to take home and enjoy.

**Indoor play:** Lay down an old sheet or newspaper for your child to work on if you're doing this activity indoors. If you cannot go outside to collect flowers, use tissue paper in bright colours to create petal and leaf shapes.

### Development Areas

- Fine motor skills
- Visual perception
- Concepts – colour
- Concepts – design

### Values

Love of nature; creativity; respect.





## Activity 10

# Sparkly Sevens Treasure Hunt

Challenge your child to find seven items in the glitter slime. It's sparkly, silly, and a great way to get them counting, adding and even multiplying.

### What you need:



Glitter slime in a tub



Seven dinosaur toys or wild animal toys



Seven small wooden blocks



Seven small balls



Seven pegs

### Alternative materials:



Buckets



Coloured water



Coloured rice

You can use seven of any type of toy to introduce different themes or concepts.

### What to do:

Mix the items you have gathered into the glitter slime so that they are buried in it. Challenge your child to find each group of items, counting them as they find them. They should keep like items together as they find them – explain that these items are called a set. When your child has found all the items you hid, ask them to tell you how many sets of seven things there are. Now count all the items with them. Help them to count two times seven to get fourteen, and three times seven to get 21, and so on. They don't need to remember the times tables at this point in their development, but the activity helps them to understand the concepts of multiplication later.

### Change it Up

**Make it easy:** This activity can be done with only two or three of each item and only two or three types of item. You can focus on addition rather than multiplication.

**Make it a challenge:** Teach your child about overlapping sets by having some of the wooden blocks be blue, for example. Help them to see that they can count those items as part of the set of seven wooden blocks and also as part of the set of blue things.

**Play with friends:** Friends can join each find one set of things and then work together to count all the sets.

**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 – sorting
- Concepts – counting
- Concepts – addition and multiplication
- Concepts – sets

### Values

Self-confidence; curiosity.

# 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.

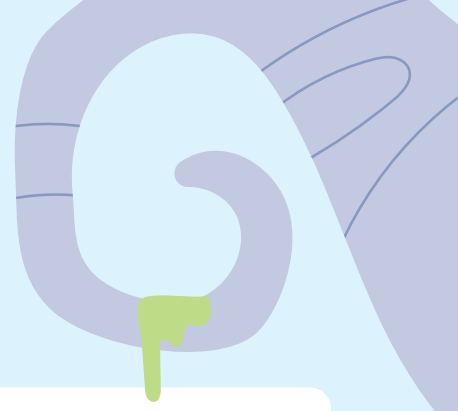






## Activity 11

# Little People, Big Feelings



Create a family of ice cream stick dolls with your child.

### What you need:



Ice cream sticks



Marker pens



Scrap fabric & wool



Glue



Beads / Buttons

### Alternative materials:



Cardboard



Ribbons



Paints



Coloured sticky tape (washi tape)

### What to do:

Show your child how to draw a face at the top of an ice cream stick and then glue on bits of wool to make hair and fabric for clothes. Your child could also draw on clothes and hair. Explain that you are going to make an ice cream stick family. Ask your child to decide who is in the family. They could make the family match your own family and try to make the dolls look like each family member, or they could make up a different family. While you are making the dolls with your child, talk about how families look different and not all families are the same as your family. Explain that some families have a Father and a Mother, others may have two Fathers or only one parent or a Grandma and no 'parent' figures. Talk to your child about the different people in your extended family, and about the families of friends that they have visited.

When the family of dolls is complete, your child can play with them and keep them for other games. You can also use these dolls to help your child act out and talk about relationships between family members and express their emotions.

### Change it Up

**Make it easy:** Help your child to draw simple faces on the ice cream sticks and use coloured tape to make clothing.

**Make it a challenge:** Ask your child to make a set of dolls of your own family and try to make them look as much like each family member as possible.

**Play with friends:** A group of friends could each make their own family of dolls or they could each make a doll of one of the other friends in the group, trying to make it look clearly like their friend. Everyone can guess who the doll is of once it is complete. Talk about how friends play a different role to family but are important to you and can become like family.

**Indoor play:** This is a perfect activity for doing inside on a rainy day. Lay down a sheet or newspaper to protect the work area from dripping glue or paint.

### Development Areas

- Fine motor skills
- Memory

### Values

Creativity; relationships; communication; empathy.





## Activity 12

# Mini Safari Fun

A treasure hunt game to introduce your child to the Big Five and other South African wildlife.

### What you need:



Green rice



Animal toys



Medium to large tub

### Alternative materials:



Pictures of animals



Fridge magnets or other small toys showing animals



Coloured pasta



Cornmeal

### What to do:

Colour your rice in advance. Use green food colouring to colour a bag of rice by mixing the colouring thoroughly into the rice and then leaving it spread out on a baking tray for a few days to dry. You can create any colour of rice you like.

When the rice is dry, put it in a tub and bury some animal toys in the tub. For this activity, we suggest South Africa's Big Five (lion, elephant, leopard, buffalo, rhinoceros) but you can do this with any toy wild animals.

Explain to your child that you're going 'on safari' and they must try to spot the hidden wild animals. Let them dig in the rice and try to find the animals you have buried. Ask them to name each animal as they find it. While they are looking for animals, talk to them about why it's important to protect the natural world. When your child has found all the animals, ask them to count the animals and tell you how many there are. Ask them how many other wild animals they can name. If you have used the Big Five, explain why these animals are called the Big Five and show your child how these special animals appear on South African bank notes.

### Change it Up

**Make it easy:** Use only the Big Five or just a few animals.

**Make it a challenge:** Use many animal toys and tell your child the number of toys they will need to find. Try having them blindfolded so they can use only their sense of touch to find the toys.

**Play with friends:** Make a large tub of rice and bury several each of different kinds of toys. Each child must find their particular animal: five zebras or three lions, for example. You can make this a race by giving each child the same number of toys to find.

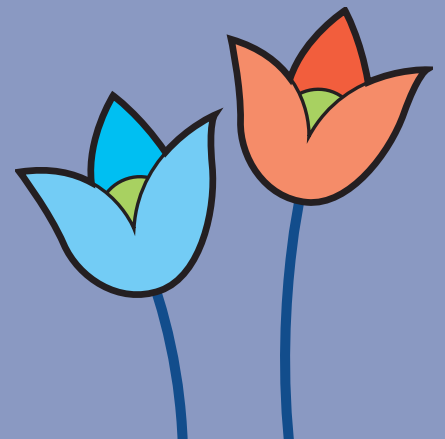
**Indoor play:** This activity can be enjoyed inside or outside. Lay down a sheet of newspaper to catch any rice that gets knocked out of the tub.

### Development Areas

- Fine motor skills
- Pre-writing skills – pincer grip
- Gross motor skills – shoulder strength
- Memory
- Problem-solving

### Values

Love of nature; resilience







## Activity 13

# Tiptoe Treasure Hunt



This balancing activity strengthens the whole body.

### What you need:



Wool in a few different colours



Fruits or other healthy snacks



Small stones



Jumbo chalk



Coloured ribbons



String



Coloured masking tape (washi tape)

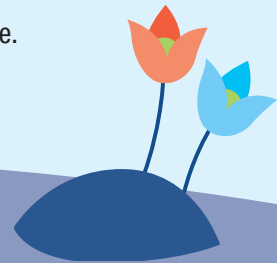
### What to do:

Set up a "follow the line" treasure hunt for your child. Use coloured wool to make lines that they will follow to reach the treasure. Lay down one colour of wool to start with, and then use two or more other colours so that they form different lines that sometimes cross each other. Use small stones to weigh the wool down in some spots so that it stays in place. Put a tasty snack or treat at the end of one of the lines.

Bring your child to the start of the first woollen line. Explain that they need to walk on tiptoe along the lines and try to find their way to the treasure. They can decide if they want to turn on to another colour of wool where it crosses their line or to stay on the colour they're on. They must stay on tiptoe to walk, but they can stop if they need a short rest.

Encourage your child to follow the lines all the way through until they find the ending and get their treasure.

You can make this activity as simple or as challenging as you like.



### Change it Up

**Make it easy:** Make the lines short and keep the treasure in sight to help your child work it out.

**Make it a challenge:** Make the lines as long as you can in the space you have and try to go around corners or plants so that your child can't see the treasure until they've gone some way along the lines.

**Play with friends:** Two or more friends can compete to see who can find their way to the treasure first.

**Indoor play:** You can play this game in any indoor area using wool or ribbon to create the lines so that you can go around corners and into different rooms. In a hall or garage, you could use chalk or masking tape to mark off the lines.

### Development Areas

- Gross motor skills
- Balance
- Visual perception
- Problem solving
- Memory

### Values

Self-confidence; resilience.





## Activity 14

# Marbled Creations

Create a painting with a marbled with shaving foam and food colouring.

### What you need:



Paper



Shaving foam



Baking sheet or tray



Food colouring



Toothpicks

### Alternative materials:



Dishwashing foam



Watercolour paints

### What to do:

Help your child to fill the baking sheet with a layer of shaving foam. The foam should be about 5cm thick. Let them drip different colours of food colouring in a few different places on the foam. Show them how to take a toothpick and gently drag the colour out to make patterns in the foam. When they are happy with the patterns they've made, gently lay a sheet of paper over the foam. Peel the paper off, lay it flat and gently scrape off the foam to reveal your child's marbled masterpiece.

You should be able to get two or three marbled prints off one tray before replenishing the shaving foam and colours.

### Change it Up

**Make it easy:** Help your child with laying down and peeling off the paper, as this needs to be done gently.

**Make it a challenge:** Invite your child to try and make shapes or even a recognisable image using the toothpicks and swirling colour.

**Play with friends:** Two children can work together to create a marbled print. For larger groups, provide a tray and materials for each pair.

**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
- Auditory skills
- Concepts – colour mixing

### Values

Creativity; imagination.







## Activity 13

# Crazy Camouflage



Your child will have a blast playing hide-and-seek while camouflaged as a bush.

### What you need:



Short branches  
with leaves  
attached



Leaves &  
flowers



Sand



Green or brown  
clothing



String



Paper



Poster  
paints



Mud



Elastic

### Alternative materials:

### What to do:

This is a great activity to do when the garden needs a bit of tidying up as the more leaves and small branches you have the more fun your child will have creating camouflage. Measure pieces of string long enough to go around your child's waist, wrists and ankles. Show your child how to take their leaves and small branches and tie them to the pieces of string or pierce a hole in each leaf to put the string through. If they have a hat or cap, they can attach leaves to that, or put leaves in their hair. Encourage them to dirty their faces and hands with the sand. Explain that they are disguising themselves as a bush or flower bed so that they can hide. Talk to your child about how birds, animals and insects use camouflage to protect them from predators in nature.

Tie the camouflage strings around your child's waist, ankles and wrists and help them to tuck any extra leaves, branches or flowers into their clothes and hair.

Now cover your eyes while your child finds a hiding place in the garden, trying to 'blend in' to the background in their camouflage. Count to ten then have some fun pretending to almost step on them or walk into them due to their excellent camouflage.

### Change it Up

**Make it easy:** Prepare the ankle, waist and wrist camouflage in advance and then let your child add extra leaves by tucking them in to the wrist and waist bands and into their clothes.

**Make it a challenge:** Encourage your child to create all the camouflage themselves and challenge them to try and match a specific patch of garden.

**Play with friends:** Children can take it in turns to be camouflaged and hidden or to be the seeker/s.

**Indoor play:** You can create leaves out of coloured or painted paper to play indoors or challenge your child to use clothing and fabric to camouflage themselves against an inside background.

### Development Areas

- Gross motor skills
- Fine motor skills
- Visual perception
- Concepts – colour matching

### Values

Empathy; love of nature; curiosity.



# 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.*



Dough is a classic tool used by parents and therapists for decades to bolster sensory development through messy play which is known to encourage growth related to the three pillars of early childhood development (ECD). Taste-safe doughs are the ideal addition to sensory bins for children of all ages. The added benefit of taste safe doughs is you don't need to worry about the doughs accidentally making their way into your curious little one's mouths. Here are a few types of taste-safe doughs to make at home with your children:



## Chocolate Dough Recipe

Kids love anything chocolate flavoured to add to their playtime and chocolate play dough is no exception. This dough is a deep brown hue and resembles the texture of cookie dough. Please note - This recipe requires the use of boiling water. Please take caution when handling boiling water, especially around small children. **Always ensure a parent or supervising adult is available to help with this part of the recipe - children should not handle boiling water.**

### Ingredients:

- 2 cups plain all-purpose flour
- 1 cup salt
- 1/2 cup cocoa powder\*
- 3 tablespoons edible oil (vegetable is acceptable)
- 2 cups boiling water
- 2 tablespoons cream of tartar
- 4-5 drops coconut oil

\* Substitute 1/2 cup strawberry milk powder and a teaspoon of red food colouring to make pink dough

### Instructions

Mix the dry ingredients in a bowl then add the oil and make sure it's well combined. Next add the boiling water, a cup at a time, stirring the mixture until it's fully incorporated. Add the coconut oil and allow to rest for a few minutes to cool down.

Work the dough with the palms of your hands to bring it together. Turn it onto the workbench and knead for several minutes until it reaches the desired texture. Kneading should bring the dough to the point where it is super soft, stretchy and smooth. The dough can be made ahead of time and stored, fresh for up to two weeks in an airtight bag or container in the fridge.

Make this playdough recipe perfect for Valentine's day (or a ballet-mad little one) by mixing adding pink strawberry flavoured milk powder and a teaspoon of red food colouring instead of cocoa powder. Completely taste-safe and plenty of pretty pink fun!

Grab some cookie cutters, moulds and rolling pin and fill your days with fun, educational mess. But don't worry about spills - OMO products are ideal for tough stain removal so that you can enjoy these messy activities with your little ones.

As additional sensory features, you can add a few drops of edible glitter, essence, extract, food colouring, hundreds and thousands and sprinkles adding a pop of colour and enchanting textures to your messy play adventures. These doughs are ideal when enjoyed with other sensory features such as toy animals, water beads, strings, pasta and rice.

*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

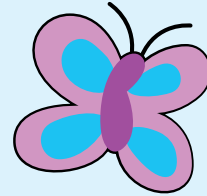


# quick stain removal tips

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

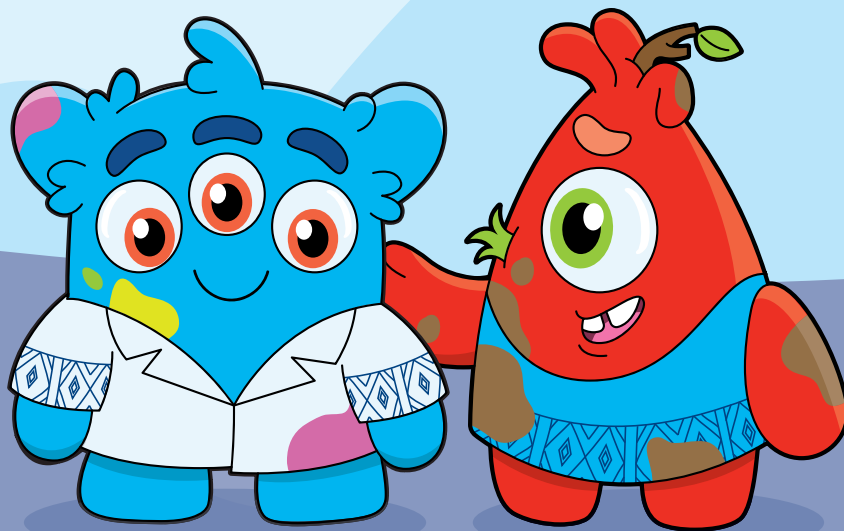
To get rid of grass stains on cotton, hand wash in cold water with OMO to break the stain down, then throw it in the washing machine.





**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) | [@omosouthafrica](https://www.facebook.com/omosouthafrica) | [@omo\\_southafrica](https://www.instagram.com/omo_southafrica)**





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