



101

MESSY PLAY IDEAS

with



ACTIVITY

EDIBLE FINGER PAINTS

You will need:

- Natural yoghurt
- Food colouring
- Small empty pots

Set up:

Spoon the yoghurt into the pots and add a little food colouring to each. To create different shades, add less or more food colouring. Mix together until the yoghurt is fully coloured.

You can use clean paint brushes to develop pencil grip or you can put the edible paints into trays and use rollers to create patterns and textures.

PREP TIME: 3-5 MINS

EARLY LEARNING

0-11 MONTHS

This is the time that babies begin to explore. They will begin to touch and hold objects. Babies tend to put things in their mouths - this allows them to discover the taste and texture of objects. Using food is a safe way of allowing your baby to explore different textures as well as tastes.

12-24 MONTHS

Your baby may now enjoy sensory experiences through touch. They may put their fingers and hands into the yoghurt - exploring what happens with the speed and force of their movements. They may create a lot of mess! This allows parts of the brain to form connections and develops memory and movement skills.

Your child may also begin to try and feed themselves. They may put their fingers in their mouths or, if given a child's paint brush, may use this to eat the yoghurt. This supports self-care and early independence.

2-3 YEARS

At this stage in their development, your child will begin to realise that they can make marks and that tools such as paint brushes and rollers are used for a purpose.

They may begin to paint shapes and lines and then say what they have painted (even if it doesn't look like that thing!). This is an important stage before learning to read as they are beginning to understand that marks have a meaning and can symbolise something.

3-5 YEARS

Your child may be developing their curiosity at this point in their development. To support them in addressing this curiosity, you could involve your child in mixing the colours and then combining different colours to see what happens.

Your child may begin to create simple pictures of people and objects and this will develop to become more detailed as they get older.

Encouraging your child to create patterns and talking about them will support your child in their future mathematics learning. They may develop an understanding of shape names and properties whilst exploring them through painting e.g. a circle goes round and round.