



# 5 PLAY IDEAS

to try

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# About Erin...

Hi there!!



I'm Erin, teacher (EC and Primary - working in a Primary setting) Mum (of 2), wife, smoothie obsessed, organisational nerd and soon to be your greatest PLAYmate...the one that will share play ideas with you, the one that will support you in creating play systems and play spaces that fit YOUR life, the playmate that will celebrate the PLAY wins with YOU and the one that will empower YOU to totally rock this motherhood PLAY gig thing [it's a REAL \*thing\*].

Enjoy these 5 PLAY Ideas to get you started in taking the next step forward in your play journey.

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# PLAY Idea #1

## Messy Spaghetti

This is a messy activity but one that can be cleaned up relatively quickly when set up in a way that allows for that. Be sure to check out our MESSY PLAY TIPS before you start...in our FB group!



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## HOW TO MAKE MESSY SPAGHETTI

1. Cook spaghetti al dente in a pot of boiling water.
2. Drain spaghetti
3. Put into a snaplock bag with a few drops of food colouring
4. Shake until desired colour is reached.
5. Add some oil to help spaghetti not become sticky.
6. Happy PLAYing!!

**PLAY IDEAS REQUIRE ADULT SUPERVISION AT ALL TIMES!!**

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# PLAY Idea #2

## Floral Icy Sun Catchers

A simple sensory activity to set up using natural items collected from a yard and/or nature walk with water in containers for freezing.



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### HOW TO MAKE FLORAL ICY SUN CATCHERS

1. Fill one glass bowl per learner with water.
2. Sprinkle the water with petals, leaves and stems. Add a looped piece of twine to one edge for it to become the hanger.
3. Freeze until solid.
4. Remove from the freezer.
5. Use spray bottles or droppers with warm water.
6. Place frozen bowls in a tray of warm water.
7. Use spray bottles or droppers to help loosen the ice mass from the bowl.  
Do not melt completely and avoid the twine section.
8. Hang up and watch the sun melt the ice away.

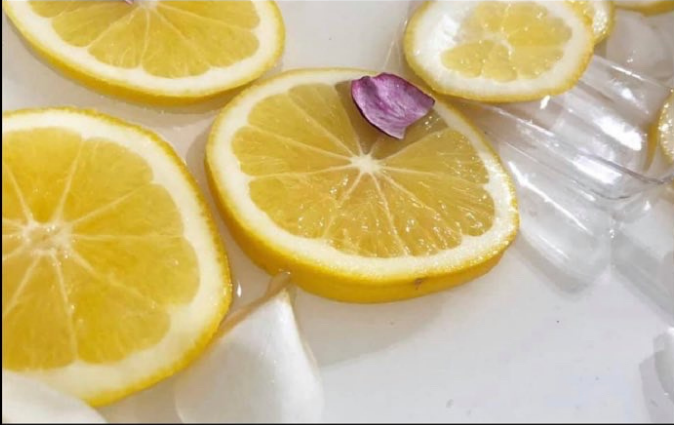
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# PLAY Idea #3

## Lemon Water Play Tray

A simple sensory learning experience that can be used with a variety of fruits, herbs and plants. Add a set of scoops and containers for some scoop and pour action.



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### HOW TO MAKE LEMON WATER PLAY TRAY

1. Cut lemons into thin slices.
2. Fill a tray with a shallow amount of water.
3. Place lemon slices into the water.

**OPTIONAL** - add some rose petals or scoops for an added element of fun.

Happy PLAYing!!

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# PLAY Idea #4

## Playdough Trays

Playdough trays paired with a range of books and fine motor tools will have you set with your little ones for a bundle of precious moments.



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### HOW TO MAKE A PLAYDOUGH TRAY

1. Make or buy playdough and place into the base of the tray.
2. Add landscape and/or animal figurines to the tray in an authentic way...creating a scene either from a familiar experience or book.
3. You can add other loose pieces or fine motor tools to create a multisensory learning experience.

Happy PLAYing!!

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# PLAY Idea #5

## Flower Petal Playdough

Another simple and beautiful sensory activity that can use the leftover natural items from the previous activity, along with playdough and accessories.



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### HOW TO MAKE A FLOWER PETAL PLAYDOUGH

1. Make playdough - we use the cream of tartar recipe with no food colouring so we get white playdough.
2. Add natural loose pieces to the tray in an inviting way...colour matching or following textural patterns.
3. Add some fine motor playdough tools to extend the learning experience.
4. Watch your learners create floral playdough.

Happy PLAYing!!

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# Thank YOU!!

Thank YOU for being apart of the celebratePLAY  
community and becoming my next greatest  
PLAYmate.

I see you!

Happy PLAYING!!

*Erin xx*

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