

The importance of Play

We know that learning is important in order to fulfil your potential. Have you considered how children learn?

What they need in order to develop into confident, happy individuals?

Often we think learning consists of academic subjects and dismiss play as something babies or very young children do.

Play is as important to a 3 year old as it is to an 83 year old!

Through play we can practice and develop new skills, experiment and become more confident, resilient, and empathetic whilst building stronger social skills and better communication. Also play allows us to make safe mistakes that help to inform our decisions and choices in life.

I am a firm believer in the value and opportunities that play has in everyone's life. I have studied play whilst at university!

Play doesn't have to be expensive, it's rewarding and is actually good for your brain and wellbeing.

Often I am asked about activities, games and recipes to support children at home. You will find on the following pages recipes, activities and resources to support your child/ren, yourself and family.

So go on have a look and see if there is something you can try...

Recipes

Name	Ingredients	Instructions	Mess rating
Gloop	<ul style="list-style-type: none">• 2 cups of Corn flour• water	<p>Put 2 cupful's of corn flour into a large bowl or tray with high sides.</p> <p>Add water a little at a time and mix until all the dry flour has gone.</p> <p>If mixture is too runny add more corn flour, if too dry and doesn't run through your fingers add more water.</p>	Very Messy
Moon sand	<ul style="list-style-type: none">• 8 cups of plain flour• 1 cup of baby oil	<p>Put 8 cupful's of plain flour into a large bowl or tray with high sides.</p> <p>Add 1 cup of baby oil and mix well.</p>	Messy

Recipes

Name	Ingredients	Instructions	Mess rating
Playdough (cooked)	<ul style="list-style-type: none"> • 1 cup of salt • 2 cups of plain flour • 2 cups of water • 2 tablespoons of cooking oil • 4 teaspoons of cream of tartar • Optional-Glitter, food colouring, flavoured essence 	<p>Place all the ingredients in a pan put onto the hob and heat gently whilst stirring until it forms a lump and leaves the side of the pan</p> <p>Allow to cool thoroughly</p> <p>Knead on a floured surface then it's ready to play.</p> <p>To store place in plastic bag/cling film Store in an airtight container</p>	A bit messy during the making stage
Playdough (un cooked)	<ul style="list-style-type: none"> • 2 cups of plain flour • 2 tablespoons of cooking oil • $\frac{1}{2}$ cup of salt • 2 tablespoons of cream of tartar • Up to 1 $\frac{1}{2}$ cups of 	<p>Put the flour, salt, cream of tartar and oil in a large bowl. If using food colouring add it to a little of the water then add to bowl.</p> <p>Stir and keep adding water a little at a time until it forms a lump.</p>	A bit messy during the making stage

	<p>hot water (adding a little at a time)</p> <ul style="list-style-type: none"> • Optional-Glitter, food colouring, flavoured essence, few drops of glycerine (makes it shiny) 	<p>Knead vigorously on a floured surface (if too sticky add more flour) then ready to play.</p> <p>To store place in plastic bag/cling film Store in an airtight container</p>	
Salt dough	<ul style="list-style-type: none"> • $\frac{1}{2}$ cup water • $\frac{1}{2}$ cup salt • 1 cup flour • Extra flour for rolling out 	<p>Put ingredients into a bowl and mix thoroughly until it forms a lump.</p> <p>Tip out onto a floured surface and knead.</p> <p>Roll out and use cutters to make shapes or mould and create shapes/monsters/ bowl. Leave to dry overnight, then paint or glue and glitter</p>	A bit messy during the making stage

Pretend snow	<ul style="list-style-type: none">• 1 can of shaving foam• Corn flour• Glitter optional	<p>Squirt shaving foam onto a tray or large plate. (Children love doing this!)</p> <p>Add a sprinkling of cornflour and with your hands squish together, it should feel crunchy. If still smooth add more cornflour.</p> <p>To make it look extra wintery add silver glitter.</p>	Messy
--------------	---	---	--------------