



## Activity Plan

# Messy Play

### Theme and Handwashing occasion: Messy Play

The following activities have been developed to provide pre-school children with an opportunity to find out more about **good hygiene** and to learn easy to follow actions enabling them to mime **how to wash their hands properly**.

#### EYFS age range 30-50 months

<b>Personal, social and emotional development</b>	<ul style="list-style-type: none"><li>• Sharing/co-operation with materials, attention to detail, confidence in own ability and enjoyment of learning environment</li></ul>
<b>Communication, language and literacy</b>	<ul style="list-style-type: none"><li>• Discussion of materials, colours, tools, and extending vocabulary. Listen to washing instructions and directions on clearing up</li></ul>
<b>Knowledge and understanding of the world</b>	<ul style="list-style-type: none"><li>• Opportunities to count different colours, tools, shape, patterns and space. Procedures; choice making</li></ul>
<b>Physical development</b>	<ul style="list-style-type: none"><li>• Manipulation of different tools, grip, fine motor skills, movement and results</li></ul>
<b>Creative development</b>	<ul style="list-style-type: none"><li>• Experimenting with own technique, imagination, express opinions exploration of pattern, colour, texture, shape and form</li></ul>



# Activity: Messy Play

**Handwashing theme** – how we wash our hands and what we use to wash them

Song: to the tune of "Wheels on the Bus"	Action & Mime
The soap on our hands goes Squirt, squirt, squirt Squirt, squirt, squirt Squirt, squirt, squirt The soap on our hands goes Squirt, squirt, squirt As we wash our hands	Mime: Squirting soap from "squirty" pump action bottle onto hands. Rub hands round and round to lather soap.
The germs on our hands go Euurgh, euurgh, euurgh (repeat 3 times) The germs on our hands go Euurgh, euurgh, euurgh As we scrub our hands	Mime: Really fast rubbing of hands.  Scrubbing nails with nailbrush.
The water on our hands goes Swish, swash, swish (repeat 3 times) The water on our hands goes Swish, swash, swish As we rinse our hands	Hold hands out, palms upward, wiggle fingers up and down as if under running water.  Shake water off hands.
The towel on our hands goes Rub, dub, dub (repeat 3 times) The towel on our hands goes between fingers and round thumbs Rub, dub, dub As we dry our hands	Mime: Drying hands carefully, palms, backs of hands, between fingers and around thumbs
Look, our hands are Squeaky clean (repeat 3 times) Look, our hands are Squeaky clean 'Cos we've washed our hands	Point to both eyes. Hold hands up in front of face and inspect to see that they are clean and wave at each other.

## What you will need:

Sheets of thick paper or card – lots of sheets of old newspaper – flour – water – coloured paints – mixing bowls – aprons/painting overalls – liquid handwash/soap and paper towels – selection of items such as: toothbrushes, pencils, forks, sponges and combs.

## Now comes the fun bit!

1. Make sure there's lots of newspaper on and under the table!
2. Mix flour and water slowly into a thick paste.
3. Split the mixture into 2,3, or 4 bowls.
4. Add different coloured paint to each bowl of paste and mix thoroughly.
5. Get thick paper sheets or card ready on table.
6. Spread paste over paper/card sheets (either different coloured blobs or one colour per sheet).
7. They can make patterns in the paste with fingers, a comb, a fork, a pencil end or even whole hand prints.
8. They can make secondary pictures on clean sheets with finger prints or handprints using the paint paste they've picked up on their hands doing the first picture!
9. Make sure you have soap and towels to clean their hands afterwards!

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