

Mucus Messy Play

Create a disgusting collection of snot and bogies, each with a different colour and texture. Let your child get messy exploring the different sensations.

Messy Party

This would be a great activity for a baby get together! Put some plastic on your floor and have the ingredients in different containers to explore.

You will need:

Green and yellow food colouring



Cooked spaghetti

Water



Jelly

Corn flour



How to:



Gather your different messy play ingredients and use the food colouring to make them look extra 'mucusy'.



Set up your messy play session. You could do this in a paddling pool in the garden or on a tray at the table.



Encourage your child to get stuck in and observe how they explore.