

The benefits of messy play

Sometimes the idea of messy play, where children are free to explore and investigate resources however they choose, can be one of dread because of the clean up so we move to limit or control it. Messy play has so many benefits for children including...



Exploration of materials

Through messy play many restrictions are removed so children can really explore the materials in whatever way they choose. This allows for a greater understanding of their properties and can support better use of them in future experiences.



Creative expression

Allowing children freedom to use resources in a very open-ended way supports them to be creative and express themselves in any way they choose. This allows you to be more aware of the child's ideas and interests and plan for them accordingly.



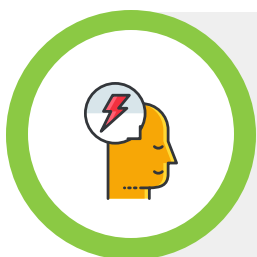
Sensory development

A lot of messy play involves items such as paint, water, mud, clay, dough, glue, and other assorted resources. These all have a great sensory element to them and support children to develop their understanding of different textures and how to engage with them.



Physical development

The more free and uninhibited the play the more likely children are to manipulate resources in a range of ways using lots of different muscles and smaller tendons and ligaments which all help support children's physical development and body control.



Sense of identity

The more opportunities children have to explore and engage with different materials the more they get to know about their preferences and ways of thinking. It is important to recognise not all children enjoy messy play and their wishes should be respected.