

An exclusive magazine for the residents of Lancaster Green, Lancaster Meadows, Laredo, Deer-Park Estates West, Vanier Woods, & Vanier East

JULY
2024

Lancaster

LIVING

FINDING HER 'ZEN'
SUSAN HARTMAN

POWERED BY
BVM
BEST VERSION MEDIA

COVER PHOTO BY JENNIFER SWENSON PHOTOGRAPHY

EXPERT CONTRIBUTOR

BEYOND THE SPILLS: UNLEASH CREATIVITY AND GROWTH WITH MESSY PLAY MAGIC

By Annie and Alvina Zaidi - Tiny Toes Castle ELCC Program

Messy play, often overlooked and misunderstood, has garnered a reputation for chaos and inconvenience. However, beneath the surface lies a realm of unparalleled creativity and invaluable developmental benefits for children. Contrary to common perception, messy play isn't about the mess itself; it's an immersive journey where exploration, learning, and joy intertwine. Embracing the mess is about celebrating the moments of discovery and growth that occur amidst the apparent mess. From the exhilaration of water splashing to slime exploration, we'll delve into specific activities and its benefits. So, roll up your sleeves, dive in, and prepare to witness firsthand the magic that transpires during the messy play – a journey worthy of our utmost attention and applause. See FEM: For Extra Magic (add magic emoji)

Water Play and Splashing: Water play provides a multisensory experience, teaching children about volume, buoyancy, and wet/dry concepts. It promotes gross motor skills, muscle development, and can serve as a calming activity to release excess energy. FEM: Add sponges, funnels, water wheels, colored ice cubes, and incorporate soothing water music like running water or gentle splashing.

Sand Play: Sand play introduces children to various textures and sensations, enhancing tactile exploration. It improves fine motor skills, coordination, and spatial awareness as they build sandcastles or dig tunnels. FEM: Add colored sand, kinetic sand, shaping tools, Zen spheres, natural elements such as driftwood, seashells, or rocks.

Playdough Creations: Playdough allows children to sculpt and mold their own creations, promoting fine motor skills, and imaginative thinking. It can be used to teach colors, numbers, and shapes in a fun and interactive way. FEM: Add essential oils or scented extracts (lavender, citrus, and mint), natural dyes (turmeric or beetroot powder), glow-in-the-dark paint, or glitter.

Slime and Goop Exploration: Slime and goop are intriguing textures that promote tactile exploration and imaginative play. Children develop fine motor skills as they squish and manipulate the goop, helping to desensitize them to different textures. FEM: Add essential oils or scented extracts (lavender, citrus, and mint), colour-changing pigments, foam beads for texture, or magnetic powder.

Shaving Cream Art: Shaving cream art provides a canvas for creative expression. Children develop fine motor skills and sensory awareness as they spread and draw in the shaving cream, creating temporary masterpieces. FEM: Provide foil, large trays or muffin, baking pans. Write words and names. Add food colouring, watercolours, essential oils, or glitter. Whip up the shaving cream into a fluffy foam!

Messy play weaves threads of discovery, growth, and boundless imagination; it is about the moments of wonder and learning that lies within. So, let's remember the magic it holds and join us in celebrating messy play. Embrace the process where chaos sparks imagination and every mess is a masterpiece in the making!



Affordability
Grant +
Subsidy
available



Early Learning & Child Care Center

- Licensed and Award-winning program since 2010.
- High-quality Programs for ages 12 months to 6 years and School-Age 7-12 years.
- Safe, healthy, and nurturing environments for children to play, learn and grow in.
- Our creative, responsive, and reflective curriculum is diverse, multicultural and open-ended.
- We view children as capable, competent, and co-constructors of their own learning.
- Book a tour of our Castle today!

403 986 3817 • tinytoescastlerd@gmail.com

 [TinyToesCastleRD](https://www.facebook.com/TinyToesCastleRD)