

Small World Ice Play

Small World Ice Play is a lovely way for children to spend a few hours of play time and it's so simple and easy to do, not to mention FREE!

You will need:

Containers or things that can hold water and that you can place in the freezer (Ice cube trays, balloons, rubber gloves), small world toys (Lego people, toy animals, little figures, anything that's waterproof), food colouring or water based paint if you want to add splashes of colour during play time, something to drip the colours onto the ice (I used old Calpol syringes), salt if you want to melt the ice faster. I would also recommend a waterproof table/ floor cover or play outside. Plates or containers to put the ice on for playtime.



What to do:

The day before: Choose your items that you want to freeze, fill them with water, secure so they don't leak and place carefully into the freezer. If you want to, you can freeze small items into the ice blocks so your children can dig them out!

On the day, remove bigger items from the freezer at least 30 minutes before you play with them, so they don't stick to the skin, smaller ice cubes should be fine.

Cover the table/ floor with waterproof tablecloth/mat or go outside.



Place the ice on plates or in a tuff tray, water tray etc.

Invite your children to bring waterproof toys to play with.



You can add watered down paints or watered-down food colouring for extra sensory fun. The colours also enable children to see how the ice is melting more clearly. Drip the colours onto the ice. They can also add pinches of salt to the ice to see how salt melts ice and why we use it to grit the roads in the winter!

Step back and watch your children get lost in an icy, imaginary world of play. (Or play along if they invite you to!)

Water based play helps your child to access the subconscious part of their brain very quickly, enabling more imaginative play and a way to work through deep thoughts and feelings.

I hope you all enjoy this activity.

