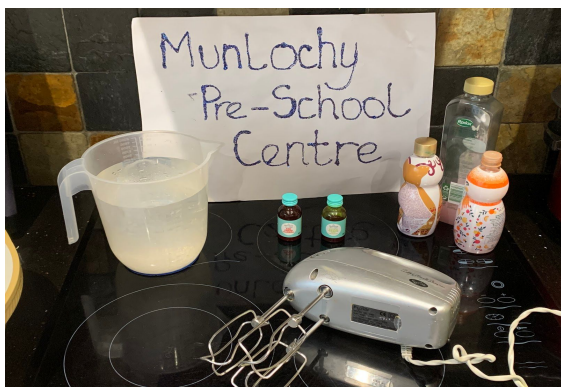


## Messy Play Activity

### Bubble Foam

This is a really quick and simple sensory activity that is not too messy. It is just bubble bath and water mixed up together to create a gloopy foam. To minimise the mess, you can put the foam in the bath / shower tray / sink.

The foam is great for playing with cars and vehicles in, or toy animals. You could hide things in it for them to find. We had toy horses in ours, and my wee one pretended that the red foam was LAVA! We used the foam in the bathtub, and got rid of it afterwards with a bath.



**You will need:**

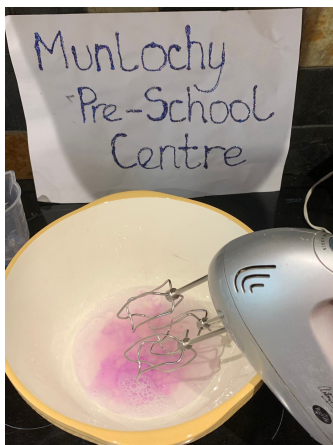
**Bubble Bath**

**Water**

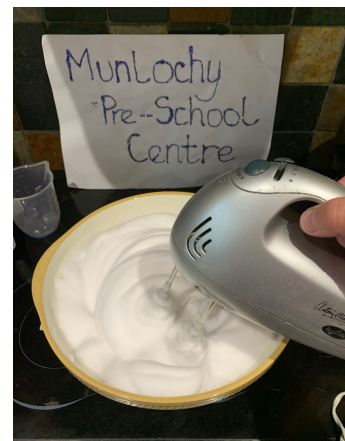
**A mixer/whisk**

**Bowl to mix in**

**Optional - food colouring**



**The mix is two parts water to one part bubble bath.** Pour into a bowl, and mix together until it forms peaks. If you have food colouring, you can add a few drops. You will know when it is mixed enough - it's like whipping cream or egg whites.



Quantity-wise, I used 100ml of bubble bath to 200ml water, and this filled a big mixing bowl when whisked. I made three batches to get the pictured amount in the bathtub. It took roughly five minutes mixing on a high speed.