

Mash Potato Messy Play



You will need

Potatoes - as many as you feel will provide enough mash for each child.

A knife and a pan
bowl

(Food Colouring optional)

- ❖ Prepare the potatoes
Peel and boil the potatoes and when cooked mash them.
- ❖ Add colouring to the water as they boil, if required.
- ❖ Allow to cool before letting the children play.

To extend

- ❖ Add potato mashers, spoons, dishes, pans or any child safe utensil.
- ❖ Straws.
- ❖ Animals.

This activity provides opportunities to develop a variety of skills through play by-

- ❖ Encouraging the children to share their own knowledge about the vegetable.
- ❖ Encouraging them to describe the texture.
- ❖ Using their fingers to create marks and patterns.
- ❖ Hand eye coordination when manipulating different tools.
- ❖ Learning about the natural world, through talking about the changes in the potatoes after they are cooked. Discussing where potatoes come from. How they grow?