

Messy Play Texture Hierarchy

Easy		Challenging	
Dry textures fall away and the child can control contact with the texture.	Dry textures that mostly fall away, some particles or bits may stick to the hand.	Wet textures that stick to the hand but the child can easily break contact with the texture (e.g. by lightly wiping)	Wet textures that stick to the hand and the child has least control when breaking contact with the texture (e.g. by repeatedly wiping).
▪ Feathers ▪ Shredded paper ▪ Dry Pasta / spaghetti ▪ Dry Rice ▪ Dry porridge oats ▪ String ▪ Lace ▪ Fabric squares ▪ Fur fabric ▪ Dry sand ▪ Beads ▪ Plastic items ▪ Sea shells ▪ Coconut husks ▪ Dry lentils / beans ▪ Dried flowers ▪ Hay / straw ▪ Leaves ▪ Cotton wool	▪ Damp Sand ▪ Glitter ▪ Sequins ▪ Touching mixture of corn flour mixed with water. ▪ Cold wet pasta / spaghetti ▪ Wet rice ▪ Silly string ▪ Chalks ▪ Playdough ▪ Compost	▪ Foam (e.g. light shaving foam) ▪ Water ▪ Wet sand ▪ Wet noodles ▪ Wet lentils ▪ Baked beans ▪ Jelly ▪ Mashed potato ▪ Ice cubes	▪ Foam (e.g. heavy shaving foam) ▪ Glue ▪ Melted chocolate ▪ Mashed banana ▪ Dripping mixture of corn flour mixed with water on the skin ▪ Mud ▪ Angel delight ▪ Porridge ▪ Custard ▪ Yoghurt ▪ Ice cream ▪ Finger Paint / poster paint ▪ Tinned Spaghetti Items may also include additional properties at this end of the scale (e.g. ice cream is wet, sticky and cold)

Food Play Texture Hierarchy

Easy		Challenging	
Firm and dry: ▪ Dry textures fall away and the child can control contact with the texture. ▪ No brushing or wiping is required	Soft and Dry: ▪ Dry textures that mostly fall away, some particles or bits may stick to the hand, ▪ Brushing residue required to break contact	Wet: ▪ Wet textures that maintain contact with the hand but the child can easily break contact with the texture ▪ Requires wiping to break contact with texture.	Wet and sticky: ▪ Wet textures that stick to the hand and the child has least control when breaking contact with the texture, ▪ Requires repeated wiping to break residue away.
▪ Marzipan ▪ Ready roll icing ▪ Broken pancakes ▪ Cereals – cornflakes, rice krispies, cocoa pops etc. ▪ Uncooked noodles (hard) ▪ raw vegetables (either whole or in chunks – but dry!) ▪ liquorice ▪ snack foods – skips wotsits,	▪ Icing sugar ▪ Cocoa powder ▪ Dry angel delight mix ▪ Dry porridge oats ▪ Granulated sugar ▪ Sherbert ▪ cake decorations – hundreds and thousands, strands etc	▪ Water ▪ Cooked noodles ▪ Cooked lentils ▪ Cooked pasta / spaghetti ▪ Cooked rice ▪ Jelly ▪ Mashed potato ▪ Ice cubes ▪ piping icing ▪ Custard ▪ Yoghurt ▪ Baked beans ▪ puréed fruit and vegetables	▪ Melted chocolate ▪ Mashed banana ▪ Angel delight ▪ Porridge ▪ Ice cream ▪ Tinned Spaghetti ▪ chocolate spread ▪ jam, lemon curd etc. ▪ ketchup ▪ sweet and sour sauce Items may also include additional properties at this end of the scale (e.g. ice cream is wet, sticky and cold)