



## Messy Games!

REMEMBER: Messy games are best played outdoors. Make sure you ask for permission from an adult first, and don't forget to clean up once you're finished! Wear old clothes, and take off your shoes and socks,

## Messy Twister

### You will need:

- Mustard
- Tomato sauce
- Whipped cream
- Flour
- Twister board
- Towel
- Spinner

### Instructions:

1. Place a food (mustard, tomato sauce, whipped cream) on each of the spots on the twister board.
2. Use the spinner to play! It's just like regular Twister... but messy!



**GGTV TIP:** If you don't want to use food, you can use shaving cream and food colouring!



# Flour Bombs

## You will need:

- Stockings
- Scissors
- 2 spoons
- Flour
- Tissue box

## Instructions for making flour bombs with stockings:

1. Cut the stocking feet.
2. Fill the stocking foot with flour.
3. Tie the top of the stocking foot into a knot. You may need help from an adult.



## Instructions for making flour bombs with tissues:

1. Get a tissue, and gently peel it in half.
2. Pour flour into the centre of the tissue.
3. Twist the top of the tissue to close it.

**GGTV TIP:** Don't throw the bombs too hard! And make sure you clean up all the rubbish when you're finished playing.

