



STARLIGHT'S ICE EXCAVATION



YOU WILL NEED:

- A plastic container or ice cube tray
- A freezer
- Small toys or natural objects (e.g. plastic animals, buttons, Lego, leaves)
- A tray or shallow tub for play
- Tools for excavating (e.g. spoons, pipettes, paintbrushes, salt, warm water)
- A bowl and spoon for mixing

METHOD:

- 1. PREPARE THE ICE BLOCKS:** Place your small toys or objects into a plastic container or ice cube tray. Fill with water and freeze until solid (this might take a few hours or overnight).
- 2. SET UP THE PLAY AREA:** Once it's frozen, pop the ice out and place it into a shallow tray or container. Have your tools nearby and ready to use! Spoons, droppers, salt, and small bowls of warm water all work great!
- 3. START EXCAVATING:** Encourage children to free the frozen treasures! They can experiment with different techniques – pouring warm water over the ice, sprinkling salt to speed up melting, gently chipping at the ice with tools, or brushing away the melting ice with paintbrushes.

FUN IDEAS TO EXPLORE ICE EXCAVATION:

THEMES: Try a dinosaur dig, nature theme or pirate treasure hunt!

ADD COLOUR: Add food colouring or washable paint to the water before freezing for colourful blocks.

LAYERED ICE: Freeze the ice in stages. Add some toys and water, freeze, then repeat to create layers to dig through.

TALK! As the ice melts, talk about what's happening. What do they notice? Which tools work fastest? Is the ice smooth or rough?

SAFETY FIRST:

All activities should be supervised by an adult. Be sure to check materials for wear, breakage, or choking hazards, especially with younger children. Always follow age-appropriate guidance and clean up after play.



Scan the QR code to
access further resources

STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

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