

Homemade sensory play recipes



MOTHERCOULD FIZZY BLOCKS

YOU'LL NEED:

- 1 cup baking soda
- 1tsp clear gelatin
- 1/4 cup water
- Food coloring
- Ice cube tray
- Vinegar

INSTRUCTIONS:

1. Mix together the baking soda and gelatin.
2. Add a few drops of food coloring to the water and pour into the baking soda mixture. Mix well.
3. Separate the mixture evenly into the ice cube tray.
4. Freeze overnight.
5. Remove the cubes from the tray and pour some vinegar on top. Watch it fizz.



MOTHERCOULD PLAY DOUGH

YOU'LL NEED:

- 1 cup flour
- 1/2 cup table salt
- 2 tbsp cream of tartar
- 1 tbsp oil
- 1 cup boiling water
- Food coloring

INSTRUCTIONS:

1. In a bowl, combine the flour, salt and cream of tartar. Mix well.
2. Add the oil
3. Mix a few drops of food coloring into the boiling water and add to the bowl.
4. Mix everything very well and massage with your hand until it is no longer sticky.
5. Once it has fully cooled, wrap in plastic and put in an airtight container. Store at room temperature for about 6 months.



MOTHERCOULD ICE PAINTS

YOU'LL NEED:

- Ice cube tray
- Water
- Food coloring
- Popsicle sticks

INSTRUCTIONS:

1. Fill an ice cube tray with water. Don't over fill
2. Add a small drop of food coloring to each cube.
3. Cut a popsicle stick in half. Use the flat edge side to mix the water and food coloring. Leave the popsicle stick inside
4. Freeze overnight

*When painting, use water color paper for best results.



MOTHERCOULD TASTE SAFE PAINT

YOU'LL NEED:

- 1/4 cup salt
- 1/2 cup flour
- 1/2 cup water
- Food coloring

INSTRUCTIONS:

1. Mix the flour and salt in a bowl.
 2. Add a few drops of food coloring to the water. Pour into the flour and salt mixture.
 3. Whip well until and the clumps dissolve.
- *You can add more or less water depending on the consistency you desire.
**Store in the refrigerator. Can keep for 6 months or so.



MOTHERCOULD

TASTE SAFE SLIME

YOU'LL NEED:

- 1/4 cup chia seeds
- 1 + 3/4 cup water
- Food coloring
- 3-4 cups corn starch

INSTRUCTIONS:

1. Mix the chia seeds, water and food coloring together.
2. Cover and refrigerate overnight.
3. Uncover and add the corn starch a little at a time. About a cup at a time. Mix and then continue until you achieve the desired consistency. Should be like regular slime. Slimy but can be easily taken off the hands.
4. Store covered in the refrigerator. You will need to add a little water each time you take it out to use it. It will reactive the slime.

Frozen Shaving Foam Activity.

Materials

- Freezer-safe container
- [Foam Shaving Cream](#)
- [Blue Food Coloring](#)
- Wooden Stirring Stick
- Plastic toys / building blocks.

Instructions

1. Fill your bin with shaving cream.
2. Add a few drops of blue food coloring.
3. Swirl with a wooden stick or utensil.
4. Add toys
5. Place in the freezer until frozen. At least a couple of hours.

Cloud Dough Recipe;

You will need:

- 1 big bowl
- 1 wooden spoon
- 1 Measuring cup

Method:

1. Measure out 8 cups of flour into the bowl.
2. Add 1 cup of baby oil.
3. Mix well.
4. Play!
5. Make sure to store it in an airtight box.

How to make Rainbow Spaghetti

STEP 1: Prepare supplies:

You need surprisingly few supplies to make this coloured spaghetti, but it is still good to be organised and have everything to hand.

STEP 2: Cook spaghetti

Cook the spaghetti following the instructions on the pack. Drain and rinse the spaghetti.

STEP 3: Add spaghetti and colouring to ziplock bags

Put the spaghetti into ziplock bags. You will need one zip lock bag per colour. Add food colouring and a few drops of water to each bag.

STEP 4: Mix colouring and spaghetti

Zip the ziplock bags up and mix the spaghetti and food colouring together. Squash it, squeeze it, throw it in the air, just keep moving the colour around the bag until all of the spaghetti is totally covered. Repeat with each colour. (Child can help with this)

STEP 5: Rinse coloured spaghetti

Once all of the spaghetti is covered in food colouring put each colour into your colander and rinse the spaghetti under the tap. This step is really important, if you miss it out your child will end up covered in food dye!

Put the rainbow coloured spaghetti into a container or tub and it is ready to be played with.

Paper Mache 'recipe'

Ingredients:

Flour

Water

Directions:

To make this paper mache paste, you need 1 part flour to 5 parts water. Start out by putting 4 parts water into a pot on the stove and bring it to a boil. While you are waiting for it to boil, mix 1 part flour to 1 part warm water. Beat this mixture briskly to remove lumps.

Once your pot of water is boiling, slowly stir in the water and flour mixture. Mix well and let it boil for 2 - 3 minutes. It should be smooth and have the constancy of thick glue. If necessary, you can add more water or glue in small amounts until you get the desired consistency.

Personal Notes:

A few helpful tips I have read in regards to using this paste are:

If you live in an area with high humidity, add a few tablespoons of salt to help prevent mold.

If you don't like the smell of the glue mixture you can add a few sprinkles of cinnamon to sweeten it up!

You should be able to store this glue in a covered bowl or jar, in the refrigerator, for a few days.

No Cook Play dough

This is great homemade playdough recipe to make with simple kitchen ingredients and the best part is that there is no cooking involved so the kids can help mix up their own batch!

Ingredients

2 cups flour

1 cup salt

2 Tablespoons cream of tartar

2 Tablespoons of oil

Liquid watercolors/ food colouring

2 cups boiling water

Instructions

1. Mix dry ingredients in a bowl.