



# The Slimy, Squidgy, Super Sensory Book



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# Play Dough Recipes

## Oatmeal Play Dough

### What do I need:

- 1 part flour
- 2 parts oatmeal
- 1 part water

### What do I do:

Mix What do I need together and form into shapes.

Note: The items made from this play dough recipe can be painted when they are dry.

## Cream Cheese Play Dough

### What do I need:

- 1 cup cream cheese
- 1/2 cup powder milk
- 1 tablespoon honey
- crackers or bread slices

### What do I do:

Combine cream cheese, milk and honey in a bowl and mix until well blended. Mold sculptures on wax paper.

**Storage:** Unused portions MUST BE STORED in an airtight container and kept refrigerated!!! Because cream cheese is perishable, use the expiration date on the cream cheese package as your guide for how long you can keep this play dough.

Note: The shapes can then be placed on crackers or bread slices, decorated with edibles (celery or carrot slivers, raisins, dried fruit pieces, nuts, or seeds for a healthy snack... then EAT!!



# Girl Scout Peanut Butter Play Dough

## What do I need:

1 cup peanut butter

1/2 cup honey

2 cups castor sugar



## What do I do:

Mix all the ingredients in a bowl, using your hands. Dough should feel soft and pliable.

**Storage:** When not using, MUST be stored in an airtight container.

# Chocolate Play Dough

## What do I need:

1 1/4 cups of flour

1/2 cup of cocoa powder

1/2 cup of salt

1/2 tbsp cream of tartar

1 1/2 tbsp cooking oil

1 cup of boiling water



## What do I do:

Mix the flour cocoa powder, salt, and cream of tartar together in a bowl. Add the cooking oil and the boiling water; (carefully) mix it together well. Cook it over a low heat until it becomes a doughy ball.

Allow it to cool before kneading it well with your hands. Store in an airtight container for 1-2 weeks.

# Smooth Peanut Butter Play Dough

## What do I need:

2 cups smooth peanut butter

2 cups rolled oats

2 cups milk powder

2/3 cups honey



## What do I do:

Mix all What do I need until thoroughly combined.

**Storage:** When not using, MUST be stored in an airtight container.

# Cloud Dough

1 c Oil  
6 c Flour  
1 c Water  
Food colouring



(Like play dough but more elastic). Mix all and knead.

# Homemade Play dough

## What do I need

1 cup Flour  
1/2 cup Salt  
2 tablespoons cooking oil  
2 tablespoons Cream of tartar  
1 cup Water with desired colour of food colouring

## What do I do

Cook the above mixture over medium heat stirring until stiff. Cool and knead out lumps. Store in airtight container.

# Jelly Play Dough

## What do I need

1 cup all-purpose flour  
1/2 cup salt  
2 tablespoons cream of tartar  
2 tablespoons cooking oil  
1 cup warm water  
1 pack Jelly (any flavour)

## What do I do

Combine and cook over medium-low to medium heat until it thickens and pulls away from the sides of pot and becomes dull.

Knead until cool enough to touch. Store in a closed plastic bag.

# Jiggle Dough

## What do I need

powdered laundry detergent

PVA Glue

water

large container

food colouring

## What do I do:

1. Put about one cup of water in a container.
2. Add glue and food colouring until the mixture is a thick consistency. (It should take about one cup of glue).
3. Add powdered laundry detergent, one tablespoon at a time, until the liquid becomes jiggly. Laundry detergent can be very absorbent, so don't add too much.
4. Play with the jiggle dough to thicken it some more.

The dough is non-stick and can be stored at room temperature in an air tight container or sealed in a bag.

# Nummy Edible Play Dough

## What I need

2/3 cup Margarine

2/3 cup syrup

1 tsp Salt

2 tsp Vanilla extract

2 lb Powdered sugar

Food colouring (optional)

## What do I do

1. Combine the margarine, corn syrup, salt and vanilla extract.
2. Add powdered sugar.
3. Knead dough until it has the right consistency.
4. Divide and add food colouring.

**This is a large batch suitable for a small group of preschoolers in a play group or party. Be sure to keep this refrigerated.**

# Gingerbread Play Dough

## What do I need

- 1 cup flour
- 1/2 cup salt
- 2 teaspoons cream of tartar
- 1 cup water
- 1 teaspoons oil



**To scent** - lots of cinnamon, allspice, ginger, nutmeg, whatever!

## What do I do

Mix the dry ingredients. Play with the spices till you get the scent you want and then colour. Mix water and oil together first and THEN add them to the dry ingredient mixture. In a pot, cook the mixture for two to three minutes, stirring frequently. The dough will start to pull away from the sides of the pan and clump together. Take the dough out of the pan and knead the dough until it becomes soft and smooth. Allow to cool and store in an air tight container. ENJOY!!

# Apple Play Dough

## What do I need:

- 1 cup ground cinnamon
- 1 cup apple sauce
- 1/4 cup PVA glue (optional)

## What do I do:

1. Add the cinnamon to the apple sauce until you get a clay-like consistency.
2. You may add glue for added thickness.
3. Once the dough is mixed, create shapes with your hands or roll the dough out and use cookie cutters.
4. Add glitter for fun!
5. Let the dough dry.

# Apple Play Dough II

## What do I need

1 cup ground cinnamon

4 tablespoons white glue

3/4 cup water

## What do I do

Mix until the consistency of cookie dough. (Add more water if needed.) Sprinkle cinnamon on the cutting board and knead the dough.

Roll out 1/4-inch thick. Cut into ornament shapes using cookie cutters or popsicle sticks. Punch hole in the top with a straw or pencil before drying (so you can string ribbon through later for hanging). Bake in 180°C oven for 30 minutes or until firm. Let them cool, then decorate!

# Kool Aid Play Dough

## What do I need

- 1/2 cup salt
- 2&1/2 cups flour
- 2 packets Kool-Aid®
- 3 tablespoons oil
- 2 cups boiling water



## What do I need

Mix dry ingredients. Add oil. Add water and knead. This play dough is colourful and has a wonderful fragrance as well.

**Store** in plastic bags in the fridge.

# Kool Aid Play Dough II

## What do I need

- 2 packets Kool-aid®
- 2 cups flour
- 2 cups boiling water
- 1/2 cup salt
- 2 Tablespoons oil
- bowl
- mixing spoon
- cookie cutters
- imagination



## What do I do

1. Combine flour, salt, kool-aid®, and oil and mix until water is ready, then add water (be very careful)
2. Have an adult pour water and stir with spoon until cool enough for child to touch and mix thoroughly with hands. Then let child have the time of his/her life.
3. They will love the smell.
4. Talk about the smell, the feel of the play dough, what the child will make, there is no end to this.
5. This is **not** edible, even though it smells great!

# Microwave Play Dough

## What do I need

3 cups plain flour  
1/2 cup salt  
6 teaspoons cream of tartar  
3 tablespoons oil  
3 cups water  
Food colouring

## What do I do

Mix all the ingredients in a microwave dish. Cover and microwave on high for about 7 minutes, stirring half way through. If it is still too moist, just put it back in the microwave for another minute or so. Knead when much cooler. Let students work with it while it is lukewarm if possible.

# Potato Dough

## What You Need:

5 potatoes  
3 cups Flour



## What You Do:

Bake potatoes, in their skins, until they are soft inside (like you would eat them). Peel and then mash potatoes (throw skins away). Combine flour to every four cups of mashed potato and roll until you form a great dough.

# Scone Dough

## “Make my Own Scone”

**Students can each experience this tactile activity and get to eat their creation too!**

### What I need

2 dessertspoons flour  
Pinch baking powder  
1 teaspoon margarine  
1 dessertspoon sultanas  
1 dessertspoon milk

### What do I do

Rub flour, baking powder and margarine together  
Mix in sultanas  
Add milk and stir. Add more milk if required.  
Shape into scone and put on tray.  
Bake at  $\pm 200^{\circ}\text{C}$  for 10 minutes.



# Pumpkin Pie Play Dough

## What do I need

5 1/2 cups flour  
2 cups Salt  
8 tsp. cream of tartar  
3/4 cup oil  
**Pumpkin Pie spice** (Recipe below)  
orange food colouring  
4 cups water.



## What do I do

(You need to make this in small batches)

Mix cheese in a bowl with margarine.

Add a pinch of flour and mix to a desired consistency. Give each child a piece of waxed paper and his or her lump of mixture. Model freely. Cheese mixture can then be rolled in breadcrumbs. This can be eaten immediately or refrigerated for no more than 2 hours.

Heat over low heat mixing together.

### [Recipe for Pumpkin Pie Spice](#)

4 tsp. ground cinnamon

2 tsp. ground ginger

1 tsp. ground cloves

1/2 tsp. ground nutmeg

Mix well. Store in an airtight container.  
Use this as a substitute for store  
bought pumpkin pie spice. Yield: 7 1/2  
teaspoons.



# Gluten-Free Play Dough

## What do I need:

½ cup rice flour

½ cup Corn flour

½ cup salt

2 teaspoons cream of tartar

1 cup water

1 teaspoon cooking oil

Food colouring, if desired

## What do I do:

Mix all ingredients. Cook and stir on low heat for 3 minutes or until it forms a ball. Cool completely before storing in a sealable plastic bag.

# Crunchy Dough

## What do I need **per child**

1 shredded wheat biscuit

2 tablespoons glue

Food coloring (optional)

## What do I do

Crumble the biscuit into a bowl. Add the glue and food colouring, if desired. Mix the ingredients together until the cereal is completely coated. Makes enough dough for one child.

Objects made with Crunchy Dough will air dry in about 12 hours.

# Lavender Flower Play Dough

## What do I need

3 cups flour  
2 cups water  
3/4 cup salt  
3 Tablespoons oil  
3 Tablespoons cream of tarter

1/8 cup violet powdered tempera paint  
15 drops of lavender flower essential oil  
purple glitter

## What do I do

1. Mix together the first five ingredients.
2. Pour into a large pan and cook the mixture on medium heat. Stir constantly until it pulls away from the sides and forms a ball.
3. Knead until smooth, adding additional flour as necessary.
4. Add the tempera paint and approximately 15 drops of lavender flower essential oil
5. Knead again.
6. Add some purple glitter.
7. Knead again.
8. Cool and store in an airtight container.



# RED ROSE PLAY DOUGH

## What do I need

3 cups flour  
3/4 cup salt  
3 tablespoons cream of tartar  
1/8 cup powdered red tempera paint  
1/8 cup red glitter  
2 cups water  
2 tablespoons cooking oil  
10 drops rose-scented potpourri oil

## What do I do

Mix the dry ingredients together in a large, heavy pot. Stir in the water, oil and potpourri scent until the mixture is smooth. Continue to stir the mixture over medium heat until it forms a ball. Put the dough onto a floured board, and knead it until it is cool.



# Lemon Play Dough

## What do I need

1 1/2 cups water

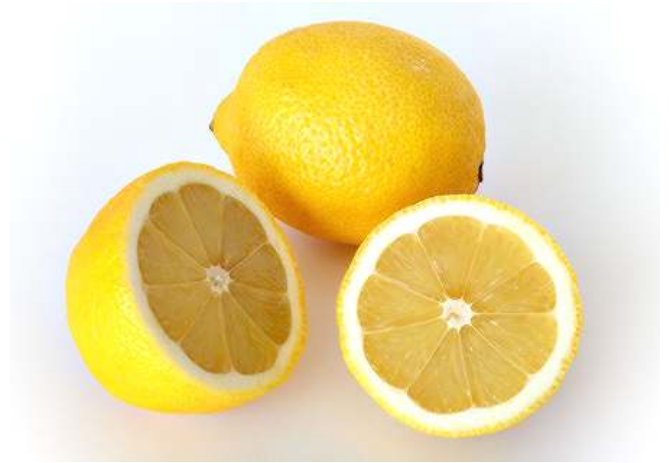
2 teaspoons liquid food coloring

2 tablespoons cooking oil

2 cups flour

4 tablespoons cream of tartar

1 or 2 drops lemon oil



## What do I do

In a large pot, combine water, food coloring and oil.

Add flour, salt and cream of tartar.

Over medium heat, cook and stir for about five minutes, until a ball of dough forms.

Cool the dough for five minutes and then knead it with your hands until smooth.

Store in a zip-type bag or an airtight container in the refrigerator when not in use.

# Peppermint Play Dough

## What do I need

3 cups flour  
1 1/2 cup salt  
6 tsp. cream of tartar  
3 cups water  
3 Tablespoons oil  
Peppermint essence as needed  
Drops of food colouring - red or green



## What do I do

1. Combine all of the ingredients in a saucepan.
2. Cook over medium heat until mixture pulls away from the side of the pan.  
Be sure to stir constantly!
3. Knead.
4. Store in an airtight container.

Makes enough for 6 balls of playdough, each fitting into a small butter tub.

# Vanilla Play Dough

## What do I need

2 cups all-purpose flour  
1 cup salt  
2 teaspoons cream of tartar  
2 tablespoons oil  
2 cups water  
Food colouring  
Vanilla essence



## What do I do

Measure out the dry ingredients into a large mixing bowl and then stir them together thoroughly. Put the dry ingredients into a saucepan with the oil, water, food colouring and vanilla extract. Stir continuously over low heat until a dough forms.

Turn the dough out onto a lightly floured pastry board and knead while the mixture cools. Continue to knead for 5 to 10 minutes. If the mixture is too dry, occasionally dampen your hands while kneading. If it is too sticky, dust the mixture with a little extra flour.

Store play-dough in a plastic container with an airtight lid.

# Grape Play Dough

## What do I need

- 1 cup flour
- 1/4 cup salt
- 2 tablespoons cream of tartar
- 1 envelope grape Kool-Aid / or any powdered drink mix
- 1 cup water
- 1 tablespoon cooking oil



## What do I do

1. Combine all of the ingredients in a saucepan.
2. Cook over medium heat until mixture pulls away from the side of the pan.  
Be sure to stir constantly!
3. Knead.
4. Store in an airtight container.

Makes enough for 2-3 balls of play dough, each fitting into a small butter tub.

# Strawberry Play Dough

## What do I need

- 1 cup flour
- 1/4 cup salt
- 2 tablespoons cream of tartar
- 1 envelope strawberry Kool-Aid drink / or any powdered drink mix
- 1 cup water
- 1 tablespoon cooking oil



## What do I do

1. Combine all of the ingredients in a saucepan.
2. Cook over medium heat until mixture pulls away from the side of the pan.  
Be sure to stir constantly!
3. Knead.
4. Store in an airtight container.

Makes enough for 2-3 balls of play dough, each fitting into a small butter tub.

# Blueberry Play Dough

## What do I need

1 cup white flour  
1/2 cup salt  
2 Tablespoons cream of tartar  
2 Tablespoons vegetable oil  
1 cup warm water  
1 packet blueberry Jelly



## What do I do

1. Combine all of the ingredients in a saucepan.
2. Cook over medium heat until mixture pulls away from the side of the pan.  
Be sure to stir constantly!
3. Knead.

**Store** in an airtight container.

# SAWDUST PLAY DOUGH

## What do I need

1 cup sawdust  
1/2 cup wall paper paste water

## What do I do

Mix sawdust and paste together adding enough water to form soft putty like mixture.





# Fairy Play Dough

## What do I need

1 cup flour  
1 tablespoon vegetable oil  
1 cup water  
1/2 cup salt  
2 teaspoons cream of tartar  
Food colouring  
Glitter

## What do I do

Mix all ingredients, with the exception of the glitter, well in a sauce pan. Heat and stir the mixture constantly until it forms a ball. Remove at once.

Add the glitter and knead until smooth. Store in a tight sealing container at room temperature.



# Rubber Play Dough

## What do I need

2 cups baking soda  
1 1/2 cups water  
1 cup corn flour

## What do I do

Mix every thing into a sauce pan. Boil over medium heat until the mix is thick. Plop onto a plate cool and play.

# Puff Dough

## What do I need

1 cup flour, water  
1 bag of cotton balls.

## What do I do

- Soak and form into shapes.
- Bake for 1 hour at 325 degrees! Have fun!

# Tutti Frutti Playdough

## What do I need

1 cup flour  
1/4 cup salt  
2 tablespoons cream of tartar  
1 package Kool-Aid or other powdered fruit drink  
1 tablespoon vegetable oil  
1 cup water  
medium pot, stove

## What do I do

1. Mix flour, salt, cream of tartar and Kool-Aid in a medium pot.
2. Add water and oil.
3. Stir over medium heat 3 to 5 minutes.
4. When mixture forms a ball in pot, remove.
5. Knead until smooth.
6. Play and explore with this fragrant, brightly coloured dough as you would any play dough.
7. Put in a plastic bag and refrigerate to store.

# Coffee Dough

## What do I need

4 c Un-sifted all-purpose flour  
1 c Salt  
1/4 c Instant coffee  
1 1/2 c Warm water

## What do I do

1. Dissolve the coffee in the warm water.
  2. In another bowl, mix the flour and the salt.
  3. Make a hole in this and add 1 cup of the coffee water into it.
  4. Mix with a fork or hands until smooth.
  5. Add more coffee water if needed: dough should be smooth and satiny, not sticky or crumbly.
- Store in a plastic bag to prevent drying of the dough. Bake finished designs in a 300 degree oven for 1 hour or more (until hard). Add 2 coats of shellac to preserve.



# Nature's Play dough

## What do I need

1 cup flour  
1/2 cup salt  
1 cup water  
2 T oil  
2 T cream of tartar  
beet, spinach, and carrot juice

## What do I do

- Mix flour, salt and oil, and slowly add the water.
- Cook over med. heat, stirring until dough becomes stiff.
- Turn out onto wax paper and let cool.
- Knead the dough with your hands until of proper consistency.
- Use as is, or divide into balls and add a few drops of the vegetable juices to make green, pink, and orange.

# Exotic smelling dough

Use recipe **Nature's Play dough** and add lemon extract.

# Tropical Dough

Use recipe **Nature's Play dough** and coconut extract.

## Baking Soda Play Clay

### What do I need

1 cup corn flour  
1¼ cups water  
2 cups baking soda

### What do I do

- Combine ingredients into a saucepan.
- Cook over low heat, stirring constantly for about 15 minutes.
- After mixture begins to resemble mashed potatoes, remove from the stove.
- Put the clay in a large bowl and cool to comfortable touch before making shapes and free form creatures.
- Place all your creations on a cooling rack for 24 hours to harden.

## 'Sculpture' Clay

### What do I need

2 cups salt

1 cup corn flour

water (Quantity specified in **What do I do**)

### What do I do

Mix the salt and 2/3 cup water in a saucepan. Cook over medium heat for 4 to 5 minutes, stirring until the salt is dissolved. Remove from heat. In a separate bowl, slowly add 1/2 cup water to the corn flour. Stir until smooth, then add to the salt mixture. Return to low heat and cook until smooth, stirring frequently.

### Store in a sealed plastic bag.

Place the clay on a tray or paper plate and have children work outdoors or in a sunny area indoors. Give children a lump of clay to model. Children may decorate their sculptures with small objects.

Place the finished items in the sun to dry. When this clay hardens in the sun, it won't crumble.

# Bread Dough Clay

## What do I need

4 cups flour  
1 cup salt  
1 1/2 cups water  
1 tablespoon cooking oil (for smoothness)

Mix together all the ingredients in a large bowl.  
Continue to stir until all water is absorbed, knead for about 5 minutes.  
(Clay will keep up to one week in a tightly sealed container. Refrigerate.)

# Baker's Clay

## What do I need

4 cups flour  
1 cup salt  
1 1/2 cups water

## What do I do

Combine in bowl and mix thoroughly with hands. Knead four to six minutes. Bake in 190°C oven for 30-50 minutes or until lightly browned. Cool and paint with tempera. (Raw dough can be coloured by using food colouring.)

Make into shapes or use cookie cutters; use a straw to cut a hole for hanging.

# Fruity Putty

## Ingredients:

- ± 8 ml sugar free fruit flavoured gelatine
- 2 cups flour
- 1 cup salt
- 4 tablespoons cream of tartar
- 2 cups boiling water
- 2 tablespoons cooking oil

## Method:

Mix the dry ingredients in a pan. Add the boiling water and cooking oil. Stir over medium-high heat until the mixture forms a ball. Place the ball on waxed paper and cool. Store in an airtight container. Use different flavours to make all different colours and smells.

# Crepe Paper Clay

## What do I need

- Crepe Paper cut into thin strips (any colours you wish).
- 1 cup flour
- 1 cup salt
- Large container and water



## What do I do

Place crepe paper into a large container and add enough water to cover the paper. Let that soak for about one hour until most of the water is absorbed into the paper. Pour off the excess water and add small amounts of flour and salt until you have a clay-like mixture. Create sculptures by forming the crepe paper clay with your hands. Let dry and apply either a varnish or a glue and water mixture to seal.

# Bread Clay

## What I need:

- 7 Pieces of White Bread
- 7 Teaspoons PVA Glue
- 1/2 Teaspoon Water
- 1/2 Teaspoon dishwashing liquid

## What do I do:

Cut the crusts off the pieces of bread. Break the bread into small pieces and put them a medium sized bowl. Add the glue and mix thoroughly. Add the water and dishwashing liquid and mix until you get a nice clay consistency. If you mixture is too dry, add a bit more water. You can make shapes and let air dry, which takes about 24 hours.



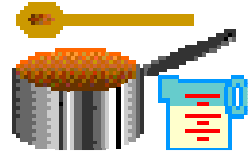
# Homemade Glitter Clay

Make homemade glittering modeling clay for your children to play with.

Do not let children eat this dough (it is very salty, so they probably won't eat it, but you can never be sure).

## What do I need:

- 3 cups flour
- 1 1/2 cups salt
- 6 teaspoons cream of tartar
- 4 tablespoons vegetable oil
- 3 cups water
- Food colouring
- Glitter (you'll need a lot)



In a big cooking pot, combine the flour, salt, and cream of tartar.

Add the oil, water, and food colouring. Mix until there are no lumps and the colour is uniform.



Heat the mixture on the stove (medium heat) while stirring constantly. Heat it until it forms a ball and pulls away from the sides of the pan.



Let it cool, then knead the glitter into the clay (you'll have to use a lot of glitter). Work on a flat surface (like a kitchen counter). To add glitter, flatten out the clay with your hands and pour some glitter on it. Fold over the clay and knead it for a while. Repeat until the clay looks glittery.

When not in use, store the glitter clay in a plastic bag or plastic container.

# Sensory Paint Recipes

## Rainbow Finger Paints

### What do I need

½ cup Corn flour

3 cups cold water divided

Food Colouring (red, yellow, green, blue)



### What do I do

In a large bowl, place corn flour and blend in 1 cup water. Add remaining water. Microwave on high 8-9 minutes or until thickened, stirring every 2 minutes. Pour 1/2 cup thickened mixture into each of six small bowls. Add desired food colouring. Cool.

## Weird Finger Paint

Add food colouring to any one of these to make your own finger paint:

- wallpaper paste
- toothpaste
- vanilla pudding
- shaving cream
- hand lotion
- vaseline

## Popsicle Paint

- Pour liquid tempera paint into ice cube trays or other containers.
- Put craft or popsicle sticks in each compartment (they may lean a bit, but that's OK)
- Let set overnight in freezer.
- Dip bottom of container in warm water to loosen.
- PAINT!
- Great colours and great fun!

# Scratch and Sniff Paint I

## What do I need

- peppermint, orange, and your favourite extracts
- paint
- paper
- paint brush

## What do I do

Have the children mix a few drops of extract to paint, paint a picture, let dry and then smell the different scents.

# Scratch and Sniff Paint II

Mix together jelly crystals and glue. Make up different colours.

Colour picture that is printed on firm paper or card.

Leave to dry.

Scratch picture to release smell.

# Cooked Finger-Paints

## What do I need

1 c Flour

2 teaspoons Salt

3 c Cold water

2 c boiling water

food colouring as desired

## What do I do

Mix the flour and salt in an electric skillet, add the cold water and stir until smooth. Add the hot water and stir until boiling. Boil until clear, then add desired food colouring. Mix until smooth.

# Ooey Gooley Finger Paint

## What do I need

1¼ cup corn flour

2 cups water

Food colouring

## What do I do

Mix all ingredients in a saucepan. Then boil the mixture until it is nice and thick. Pour into individual containers and then add food colouring. This finger paints work best when used on a glossy paper such as butcher or shelf paper.

# Soap Paint

## What do I need

1½ cups soap flakes

1 cup warm water

Powdered Tempera Powder paints as needed

## What do I do

Whip with an eggbeater until stiff.

Let students 'dig' in with their hands and paint their master pieces

# Crystal Paint

## What do I need

1/4 cup hot tap water

3 teaspoons Epsom salts

## What do I do

Mix 1/4 cup hot tap water with 3 teaspoons of Epsom salts. This crystal paint works best when painted on dark coloured paper. When the paint is dry, the salt will form crystals that will shimmer and shine in the light.

# Glue Paint

## What do I need

Liquid glue

food colouring

glitter

## What do I do

Mix and paint on!!



# Corn Flour Paint

## What do I need

3 teaspoons corn flour

2 teaspoons white vinegar

Food colouring

## What do I do

1. Mix 3 teaspoons corn flour and 2 teaspoons white vinegar in a small jar.
2. Add several drops of food colour until you have reached the right colour consistency.
3. Corn flour paint is a very smooth paint that will adhere on most paintable surfaces.

# Cooked Finger Paint

## What do I need

2 cups flour

4 cups cold water

food colouring or dry tempera paint

## What do I do

1. Combine the flour and water and cook over low heat until thickened
2. Remove from burner and cool
3. Add a pinch of salt
4. Add dry tempera or food colouring, if desired

# Cooked Finger paint II

## What do I need

2/3 cup dry starch or corn flour  
1 cup cold water  
3 cups boiling water  
1 T glycerine  
2 T liquid soap  
Different colours food colouring

## What do I do

1. Dissolve starch in cold water. Smooth lumps and add boiling water.
2. Stir constantly.
3. Thicken until clear but do not boil more than one minute.
4. Add rest of ingredients (hot or cold)
5. Divide mixture into different containers (as many colours as you need)
6. Last of all add a few drops food colouring to each container (in № 5)

## Variation: Snow Paint

### What do I need

To, 1 cup '**Cooked Finger paint II**' (recipe above), add:  
1 T white tempera paint or 1 1/2 cups soap powder or flakes  
1 cup hot or warm water  
1 tsp glycerine

### What do I do

- Whip with an egg beater.
- Let the kids paint with their hands, arms or feet.

# Snow Paint II

## What do I need

½ cup flour

½ cup salt

½ cup water

## What do I do

- Mix together ½ cup flour, ½ cup salt and ½ cup water.
- Using a small sponge for a brush, paint snow pictures on black or dark blue construction paper.
- This paint gives a great three-dimensional effect.
- Let the picture dry thoroughly.
- You can also use regular paints on top of the snow paint after it dries.
- Try putting it into a squeeze bottle and "painting" pictures this way!



# Shaving Cream Snow Painting

## What do I need

- Shaving foam
- White glue
- Construction Paper
- Food colouring / powder paint
- Small plastic bowl per colour
- Small paintbrush



## What to do:

If you'd like your snow painting to have colour, mix a small amount of glue with a drop of food colouring in a plastic bowl. If you'd like your painting to appear white, do not add any food colouring to the glue.

Add an equal amount of shaving cream to the coloured glue.

Make a new mixture for each colour you'd like to paint.

Use the paintbrush to paint pictures with the shaving cream on a piece of construction paper.

Let the picture dry. When the picture has dried, the shaving cream will be puffy -- just like real snow!

# Mud Paint

Gather some squishy mud in a bucket. Mix water with it till you feel it is the right consistency. Spoon some mud onto cardboard and using an old paintbrush begin. The children can use their fingers, an old comb or anything else to make interesting patterns. When finished let it dry to take home.



# Clown paint

## What do I need

1/8 cup of baby lotion

1/4 cup tea, powdered tempera paint

1 squirt dishsoap.

## What do I do

Mix together well and paint away!



# Face Paints

## What do I need for each colour!!!

1 teaspoon corn flour

1/2 teaspoon water

1/2 teaspoon cold cream

Food colouring

## What do I do

Mix together in an old muffin pan & paint!



# Freezer Paint

## What do I need

Tempera paint

Ice cube tray



## What do I do

Carefully pour different colours tempera paint, on top of each other, in an ice cube tray. Now put Gladwrap over the tray and stick a craft / ice cream stick in each one division of the ice cube tray. Place in the freezer. Paint with multi-coloured Freezer paint on a stick!

# Drizzle Goo

## What do I need

1 Cup Flour

1/4 Cup Sugar

1/4 Cup Salt

3/4 Cup Water

Food colouring

## What do I do

Mix all together and put in squeeze bottle. Drizzle on paper.

# Shaving Foam Paint

## What do I need

Muffin tin

spoon

shaving cream (can)

food colouring



## What do I do

Mix together different colours in each tin, and let the kids dip their fingers in and paint!

# Shaving Foam Paint II

## What do I need

Shaving cream

PVA Glue

Sticks / fingers / brushes

## What do I do

- Make a half-and-half mix of shaving cream and PVA glue. This is the best feeling stuff!
- Children can use sticks, fingers, or brushes to in it.
- They absolutely love it and it dries well.

# Shaving Cream Snow Painting

by Christine Dvornik

Create a picture of a cool, snowy afternoon without having to step outside.

## What do I need:

- Shaving cream (foam)
- White glue
- Construction paper
- Food colouring or powder paint (optional)
- Small plastic bowl (one per colour)
- Small paintbrush (or Q-tips)

## What to do:

**Step One:** If you'd like your snow painting to have colour, mix a small amount of glue with a drop of food colouring in a plastic bowl. If you'd like your painting to appear white, do not add any food colouring to the glue.

**Step Two:** Add an equal amount of shaving cream to the coloured glue.

**Step Three:** Make a new mixture for each colour you'd like to paint.

**Step Four:** Use the paintbrush or a Q-tip to paint pictures with the shaving cream on a piece of construction paper.

**Step Five:** Let the picture dry.

When the picture has dried, the shaving cream will be puffy -- just like real snow!



TOP: With liquid paint.  
BOTTOM: with powder paint



# Puffy Paint Mix

This fun paint mix recipe will actually dry on the paper "puffy".

## What do I need

Flour  
Salt  
Water  
Tempera Paint

## What do I do

- Mix equal amounts of flour, salt and water (ie.  $\frac{1}{2}$  cup of each).
- Add liquid tempera paint for colouring.
- Pour mixture into squeeze bottles and paint away.
- When mixture dries, it will become puffy.



# Powdered Milk Paint

## What do I need

1 part powdered non-fat milk  
1 part water  
Powdered tempera

## What do I do

Mix milk with water until the milk is dissolved. Separate mixture into different containers (one for each colour you want) and Add in the powdered tempera and mix. This paint dries quickly to a glossy opaque finish and does not dust, chip or come off on your hands.



# 'Glue'

## Paper Maché Glue

### You will need:

- 1 heaped dessert spoon of corn flour
- Water
- A mixing bowl or pot
- A kettle

### What to do:

1. Boil one litre of water.
2. Put the corn flour into the mixing bowl and, while mixing, gradually add a small amount of cold water until the corn flour becomes a smooth, creamy paste. While mixing, gradually pour the boiled water into the corn flour paste.

OR

3. Put the corn flour into pot and, while mixing, gradually add a small amount of cold water until the corn flour becomes a smooth, creamy paste. Add more water and bring to boil on a medium heat and stirring continuously.
4. You can start using the glue when it is cool enough to touch. To use, tear sheets of newspaper into strips and dip them into the glue. It is easier to tear newspaper into neat strips when you tear along the grain of the paper. Try tearing the newspaper both vertically and horizontally to discover which way the grain runs.

Use wallpaper paste. Follow the **What do I do** from the manufacturer to mix this paste.



# Make Your Own Sticker Glue

## What do I need

- 2 tablespoons vinegar
- 1 packet of gelatin
- 1 teaspoon peppermint extract, vanilla extract, or any flavour you like

## What do I do

1. Boil vinegar in a small pan then turn the heat to low.
2. Add gelatin to the hot vinegar and mix until dissolved and add the flavour.
3. Extra glue can be stored in a tightly sealed jar for later use.
4. To use the glue again, place the jar in a pan of hot water.



## How to Use:

Print your own stickers, brush glue on the back surface and let the paper dry. It may curl, but will straighten out when dry.

When the paper dries, cut out the stickers, moisten and place the stickers where you want.

This also works to make labels. Children love to label their things.

# Sensory Art, Crafts and Activities

## Body Awareness Activity

1. Tie a ribbon on the child's wrist and see if she can pull it off.
2. Put a piece of tape anywhere on the child's body that he can reach and see if the child can pull it off.
3. Put a small blanket or cloth over the child's face and let her pull it off. Say, "Where's (child's name)?" and pretend to have lost her. Then, when she pulls off the cloth, say, "There's (child's name)!" and hug, of course.
4. Tie small bells on his hands or feet and see if he notices that he can make them jingle.

## Fillers

### What do I need

- 1 or more large containers (big enough to hold your child comfortably when he or she is sitting – e.g.: plastic tub, cardboard box, small plastic pool)
- Styrofoam peanuts
- tissue paper
- Autumn leaves

### What do I do

- 1 Put a filler in the **large** container.
2. Fill the container with any one of the fillers.
3. Next, put the student in the container with the filler. Let him/ her explore the sensation of the textures on the different parts of her body. **Be sure he / she doesn't put any of the smaller items in his / her mouth.** Rotate the fillers occasionally so the child can experience many different sensations.
4. You can pour the items over the child's head; rub them on a foot, or any other body part.

# Vestibular activities

## Swinging



## Most Children Love to go Up and Down



## In A Horizontal Direction



## Rotary Direction



# BALLOON BLOB

## What do I need

Regular balloons

All-purpose flour



## What do I do

1. Blow up a balloon and keep it inflated for at least 1 minute. Do NOT tie a knot in the end. After 1 minute, let all the air out.
2. Fit a funnel into the open end of the balloon. Carefully spoon flour into the funnel, tapping and shaking the funnel to get the flour into the balloon. Put as much flour into the balloon as you can.
3. Remove the funnel. Tie a knot in the end of the balloon.
4. Wash and dry the balloon blob
5. Draw a face or design on the blob if you like. Push, pull, and stretch it into different shapes.

# IDEAS FOR FEELY BAGS

These following recipes are for feely bags - a sensory rich grab bag of various slimy, gritty items that you can put in different size Ziploc bags for the kids to squeeze, squish and push! Wonderful occupational therapy tool! Enjoy!

- \* 1/2 cup gel, food colouring, glitter.
- \* Coffee grounds, popcorn kernels, flour.
- \* Cotton balls, crayon shavings, popcorn kernels.
- \* Peanut butter, glitter, popcorn kernels.
- \* Baby lotion and food colouring, glitter
- \* Baby oil and non-toxic aromatherapy (almond extract, etc)
- \* Hair gel and gummy fish, glitter
- \* Hair gel and gummy worms, glitter
- \* Sunflower seeds, popcorn kernels and other seeds
- \* Sand, seeds, kernels.
- \* Rice and seeds

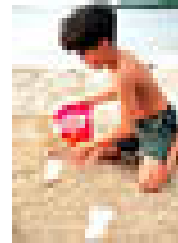


## Textures can be cut into squares and glued onto a board:

<ul style="list-style-type: none"> <li>* Carpet samples</li> <li>* Felt</li> <li>* Smooth rocks</li> <li>* Fake fur</li> <li>* Sandpaper</li> <li>* Aluminum Foil</li> <li>* Dried Noodles</li> <li>* Doilies</li> <li>* Pipe cleaners</li> <li>* Cement Tiles</li> <li>* Sticky items (two sided tape, ex)</li> <li>* Beads</li> <li>* Yarn</li> <li>* Leather</li> <li>* Silk</li> <li>* Canvas</li> <li>* Raffia</li> <li>* Flowers</li> </ul>	<ul style="list-style-type: none"> <li>* Rope</li> <li>* Ribbon</li> <li>* Sponges</li> <li>* Emery Cloth</li> <li>* Corduroy</li> <li>* Clay</li> <li>* Straw/hay</li> <li>* Leaves</li> <li>* Twigs</li> <li>* Tree Bark</li> <li>* Sea Shells</li> <li>* Acorns</li> <li>* Pine Cones</li> <li>* Sand Dollars</li> <li>* Feathers</li> <li>* Plastic</li> <li>* Cotton balls</li> </ul>
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# Footprints in the Sand

Capture that barefoot-on-the-beach feeling -- and a record of your feet -- with this simple plaster-casting project.



Step 1:

Choose a site to cast your molds -- the moist, hard-packed sand near the water's edge works best.

Step 2:

Firmly press both feet into the sand. The prints should be about 1/2 inch to 2 inches deep. (If your child can't press down that hard, he can use his finger to dig down into the print, following its shape.)

Step 3:

Mix up the plaster, according to the What do I do on the package, so that it has a thick, creamy consistency. Pour the wet plaster gently into the footprints.

Step 4:

To make hangers, tie a knot about a half inch in from each end of the pieces of string. As the plaster begins to harden, push the knotted ends into the plaster and let dry.

Step 5:

After 20 to 25 minutes, gently dig the footprints out of the molds and brush away any excess sand. Set sole-side up in the sun for about an hour to let harden.



# Gingerbread ornaments

cinnamon powder



applesauce



glue



cookie cutters



straw



## Gingerbread ornaments

cinnamon powder glue cookie cutters straw

1. Mix  $\frac{1}{2}$  c. cinnamon, 5 T. applesauce and 1 T. glue until cookie dough consistency.
2. Pat down until  $\frac{1}{4}$  inch thick.
3. Cut out cookies, put hole in top with straw for yarn.
4. Let dry on wax paper or paper towels.
5. Put yarn in hole to hang



# Handprint Tulips

This is a wonderful craft for kids who like to get messy. If you have a toddler who doesn't like finger painting then you like shouldn't attempt this project \*grin\*.



## Materials you will need for the tulip are

- white paper (we use construction paper)
- green finger paint and red finger paint (or pink, white or yellow)

## What do I do:

Dip the forearm (from elbow to wrist) in green finger paint. If you don't have a tray big enough to accommodate this, just paint the finger paint onto the forearm with a paintbrush.

Press the arm down 3 or 4 times onto a sheet of white paper (construction paper works great!) to make the stems of the tulips



Now dip the hand (excluding the thumb) into red finger paint and stamp on top of the stems (holding the thumb up) to make the tulip flowers.

Keep the fingers close together.



You can add fingerprint green stems, thumbprint green grass, thumbprint caterpillars and thumbprint butterflies.

# Sensory Recipes

## Silly Putty

Mix in one bowl:

- 3/4 cup of water
- 1 cup glue (such as PVA)

Dissolve in separate bowl:

- 1 cup water
- 1 teaspoon borax

Add both mixtures together and add any colouring you might want if any. You get a great shiny plastic like silly putty that is really fun! Should be stored the same as play dough. Hope you enjoy it.

## Rainbow Stew

### What do I need

1 Cup Corn flour

4 Cups Water

1/3 Cup Sugar

Food colouring

Large Ziploc bags

Duct tape

### What do I do

1. Mix above ingredients together into a large fry pan.
2. Cook until thickened.
3. Remove and stir until cool and add colouring.
4. Make three or four different colours of rainbow stew.
5. Put two different colours into a large Ziploc bag.
6. Push the air out of the bags, seal and duct tape to top of Ziploc bag.
7. Let the children squeeze the bag and see what happens.

This will keep for about 2 weeks. This is a wonderful lesson on primary colour mixing.

# Goop

## Ingredients

2 packets of corn flour  
2 cups of water  
Several drops of food colouring

## Directions

- Mix in a large bowl or deep tray.
- Place newspaper or plastic sheets underneath.
- Use coloured or black paper to make goop paintings.



To remove goop from carpets allow it to dry, then brush or vacuum. Goop may be re-used after it has dried out. Crumble it to a powder then restore it to the original consistency by adding water a tablespoonful at a time.

# Soap Slime

## What do I need

1 cup soap flakes  
2 liters warm water  
Adjust quantities for a large group

## What do I do

- Dissolve soap flakes in warm water.
- To ensure they are fully dissolved whisk with egg beaters (which makes an interesting bubble effect.)
- Stand for about 20 minutes until thick.
- Put the soap slime in a baby bath or water tray for group play.
- Provide water-play equipment to pour, scoop and slop the slime. Try various kitchen utensils and use the slime up later for hand washing clothes.

# Silly Slime

## What You Need

**Note: This recipe is extremely messy. Be careful around furniture and carpets!**

## What do I need

Equal amounts of white glue and liquid laundry starch. Start with about 1/2 cup of each.



## What do I do

1. Measure equal amounts of the glue and liquid starch, about 1/2 cup to start, into a bowl.
2. Stir thoroughly.
3. Let rest 5 minutes.
4. Knead it with your hands, until it comes together.
5. Just when you think it is ruined, it suddenly turns into a wonderful long-stranded glob!

# Green Glop

## What do I need

2 cups flour

1 1/2 cup water

2 tablespoons PVA

4-6 drops Green food colour

Some tiny toys if desired

## What do I do

1. Mix flour and water completely.
2. Then add glue.
3. Add green food colour.
4. Mix tiny toys in for a Gloptastic time!

# Gunk

## What do I need

water  
glue  
borax  
food colouring

## What do I do

1. Pour 1/4 of water in to a bowl.
2. Pour 2/4 of glue in a plastic cup. Do not put glue in water yet.
3. Pour food colouring in glue.
4. Stir the food colouring and glue with popsicle stick till the glue is coloured most of the way.
5. Put 2 heaping teaspoons of borax into water.
6. Mix with hands in till most of the borax is dissolved.
7. Now carefully put the glue in the bowl and mix with your hands.
8. Drain the water out in the sink.

Put your gunk in a plastic container with a lid. **WILL STAIN!**

# Flubber Fun

## What do I need

### *In bowl 1 mix*

3/4 cup warm water  
1 cup Kids PVA glue  
Food colouring  
Glitter (optional)

### *In bowl 2 mix*

2 tsp borax  
1/2 a cup warm water



## What do I do

Mix bowl 1 well, Mix bowl two well...Now let the magic begin! Pour bowl 1 into bowl two. Reach on in and grab your flubber and work it for 3 minutes.

# Whipped Snow

- 2 cups warm water
- 1 cup pure laundry soap or flakes
- Electric mixer

Put water and soap in large bowl and beat with mixer until very fluffy. Add food colouring if desired. Students can mould into shapes, using their hands, and then leave to dry.

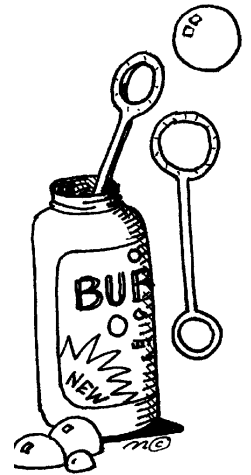
# Basic Bubble Solution

## What do I need

- 1 c Water
- 2 Tablespoons Glycerine
- 4 tbsp Dishwashing liquid

## What do I do

1. Mix liquid dishwashing soap, water and glycerine in a jar. Do not shake. Shaking will cause froth that will keep your wand from creating perfect bubbles.



# Scented Bubbles

1. To make scented bubbles you will need to make the Basic Bubble Solution (above) and add to it a few drops of one of the following:
  - a. Lime or lemon juice
  - b. Almond Extract
  - c. Peppermint Extract
  - d. use a drop of aromatherapy scents (non toxic only).
  - e. Vanilla or any essence used for baking



# No More Tears Bubbles

## What do I need

¼ cup of baby shampoo

¾ cup water

3 Tablespoons *light corn syrup*.

## What do I do

Mix together

### LIGHT CORN SYRUP SUBSTITUTE

#### What do I need

2 c. white sugar

¾ c. water

¼ tsp. cream of tartar

Dash of salt

#### What do I do

Combine all ingredients in a heavy, large pan. Stir and bring to a boil. Reduce heat to a simmer and put cover on it for 3 minutes to get sugar crystals off the sides of the pan.

Uncover and cook until it reaches soft ball stage. Stir often.

Cool syrup and store in a covered container at room temperature. It will keep for about 2 months.

## Some Tips & Techniques to Making Super Bubbles

1. Adding glycerin to your bubble mix makes bubbles stronger. Glycerin can be found in your local pharmacy.
2. Use distilled water instead of tap water. Tap water tends to be "hard" and is not good for making bubbles. If yours is "soft", you have the perfect water for good "bubbleology".
3. Prepare your bubble solution in advance and store it overnight in the refrigerator before using it.
4. Dry surfaces pop bubbles, so make sure your bubble wand, your hands, and anything your bubble may touch is wet.
5. Let the bubble maker soak in the bubble solution a few minutes prior to using.
6. Clear any suds or foam from surface of mixture before making bubbles. Don't slosh the wand around in the solution. Suds and foam are "bubble-busters".
7. Overcast, cool and humid days are the best weather conditions for blowing bubbles. Avoid hot, dry or windy days, or at least find a shady spot out of the wind.

**Note:** Exercise care when children are using bubble mix. It can be very slippery on the ground, and will sting if it gets in the eyes.

# Edible Sensory Crafts

## Edible Green Slime

### What do I need

1 can condensed milk  
1 Tablespoon of corn flour  
10-15 drops of green food colouring

### What do I do

1. Pour the condensed milk into a saucepan.
2. Add the corn flour and cook over low heat, stirring constantly.
3. When the mixture thickens, remove from the heat and add the food colouring.
4. Let cool.
5. This slime can be eaten or used as finger paint.

## Edible Glass

Submitted by: Eric Jolley, a student at Lone Peak in Utah.

### What do I need

- a buttered baking sheet
- 1 cup of sugar
- a stainless or nonstick steel frying pan
- a large wooden spoon

### What do I do

1. Place buttered baking sheet in the refrigerator.
2. Put the sugar in the frying pan.
3. Set the pan on a burner at low heat.
4. Stir the sugar slowly while it is heating.
5. Gradually the sugar will turn tan and stick together in clumps.
6. Soon you will see a pale brown melting in the bottom of the pan.
7. Keep stirring!!!!
8. As the sugar continues to melt the lumps become smaller and turn into a thick brown liquid.
9. Let it dry on the buttered sheet. Enjoy!!!!!!!!!!!!



# Modelling Rice

## What do I need

1 cup long grain rice  
3 cups water  
1 teaspoon food colouring

## What do I do

Bring water to boil in saucepan add rice and food colouring. Cover and simmer on low heat for 15 minutes. Uncover and continue to simmer for 10 minutes stirring occasionally.

Cool and start making those amazing master pieces!! (THIS IS really messy so do it outside)

**Store in fridge.**



# Edible Paint Recipes

## Pudding Paint

### What You Need:

- Prepared vanilla pudding
- Food colouring
- Bottles or muffin tin

### What You Do:

- Put a good sized spoonful of pudding into each muffin tin.
- Add one or two drops of food colouring to each tin.
- Mix well.
- Create with pudding paint.
- Allow students to paint with their hands; make patterns using their fingers or objects that will leave interesting patterns.

## Condensed Milk Paint

### What You Need:

- 1 can condensed milk
- Different coloured food colouring

### What You Do:

1. Mix ingredients together.
2. Get out the brushes and paper.
3. Complete your masterpiece. Have fun!



## Chocolate Finger Paint

Prepare instant chocolate pudding and let the students do creative finger painting with no danger if some finds its way to their mouths!

# Egg Yolk Paint

## What do I need

1 egg yolk

¼ teaspoon water

Food colouring



## What do I do

Mix egg -yolk with water and lots of food colouring. Use a paint brush to paint on baked cookies. Return cookies to oven until egg has solidified.

# Jelly Paint

## What do I need

A few different flavoured packets of jelly (Primary colours)

Hot water

Cold water



## What do I do

Add just enough boiling and cold water to make it a gooey consistency for painting.

Encourage students to smell each flavour when it has cooled down and then put their hands in the mixture and move them across the paper. Students can mix colours too.

Use jelly when it is made as it will set quickly because it is concentrated.

# Jelly paint II

## What do I need:

- One or more packs of jelly if you want different colours.
- Hot and cold water

## What do I do:

- Make the jelly according to the directions on the pack
- Allow to set until the jelly has become reasonably gooey.
- Let the little hands dig in and slime away.

# Yoghurt Paint

## What do I need

- Natural Yoghurt
- Food Colouring

## What do I do

- Mix the yoghurt and food colouring together.
- Let students experiment and have fun while painting.



# Butter Paint

## What do I need

Melted margarine

food colouring

any breads / biscuits / crackers

paint brushes.

## What do I do

Have the kids paint using different colours.

Toast in oven if needed.

# Tomato paint

## What do I need

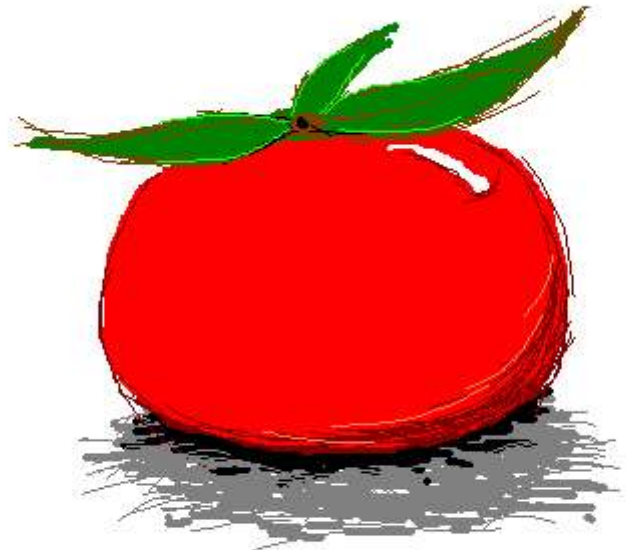
Tomatoes

sugar

water as needed

## What do I do

- Gather tomatoes, a juicer and sugar.
- Add water as needed.
- Have the kids "paint" with it! Great texture when dried!



# Coffee scented paint

## What do I need

Used coffee grounds

Some finger paint

## What do I do

- Let used coffee grounds dry and add them to finger-paint.
- Not only will they enjoy the smell they like the texture too.
- Use this idea when you are studying the five senses.

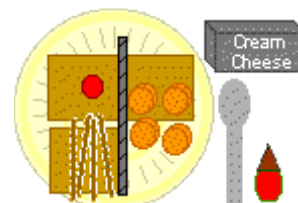


## Edible Art

# Fire Truck Snack

### What do I need



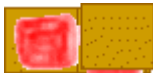
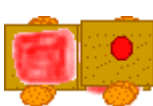


- Square crackers (1 1/2 per fire truck)
- Round crackers (for wheels)
- Stick pretzels or cheese straws
- Black licorice
- Softened cream cheese
- Red food colouring
- A red jellybean, a red round lolly, a cherry, or a strawberry



### Equipment I need

- A paper plate
- spoon
- blunt knife (if required)

### What do I do

	Mix a few drops of food colouring to the cream cheese (or frosting). The children will use this edible "glue" to put their fire truck together.
	Start with a whole cracker. Using the back of a spoon, spread some of the "glue" on one side of it.
	Put half a cracker on top of the "glue." This is the cab of the fire truck.
	"Glue" a red jellybean, a red round lolly, a cherry, or a strawberry on top of the cab. This is the fire truck's red light. "Glue" four of the round crackers to the sides - these are the wheels.
	On the back of the truck, "glue" two pretzels parallel to each other. Then "glue" in broken pieces to make a tiny ladder.
	"Glue" on a piece of licorice - this is the fire hose. You now have a tiny fire truck that is great for snack time!

# Mashed Potato Forest

## What do I need

Mashed potato  
Broccoli  
Mushrooms  
Yellow capsicum  
Cherry tomatoes  
Grated cheese



## What do I do

1. Put the mashed potato into an ovenproof dish and smooth it out.
2. Sprinkle the mashed potato with grated cheese. Place trees of broccoli on the potato.
2. Add mushroom rocks then a capsicum sun.
3. Add a tomato bird to complete your Mashed Potato Forest.

## Eat 'em

You and your kids don't need to follow our designs exactly--especially if you don't have all the ingredients on hand. Simply scan your fridge and take out a selection of foods (limit the ingredients so you don't overwhelm your kids).

Offer a tool (a plastic or paring knife), a type of glue (choose one below) and a plate for a canvas. Then invite your kids to build faces, monsters, cars, flowers or other delectable designs.

**EYES AND NOSES:** Peas, corn niblets, carrot rounds, black olives, black beans, cereal, nuts, seeds or raisins.

**HAIR:** Broccoli or cauliflower florets, grapes, fresh dill or parsley, or cooked fusilli or other curly pasta.

**LEGS:** Thin celery or carrot strips or pretzel sticks.

**GLUES:** Peanut butter, mayonnaise, cream cheese, jelly, yogurt, catsup, mustard, pizza sauce or honey.

## THREE RICE MICE

Tell your kids it's time to make these tiny rice critters and see how they run to the kitchen. Combine 1/4 cup leftover cooked rice with 1 teaspoon cream cheese and 1/2 teaspoon plain yogurt (or use 1 teaspoon whipped cream cheese instead of the cream cheese and yogurt combo). Stir in a pinch of salt to taste.



With slightly dampened hands, roll the mixture into 1 1/2-inch balls. Now add the features: green-pea eyes, corn-nibble noses, chive or cheese-stick tails. For ears? Try olives, cheese, radishes or anything that, well, sounds good.

## MR. TOMATO HEAD

Bright and cheerful, these pea-brained fellows may actually tempt your child to eat vegetables. With a serrated knife (parents only), slice the top off of a cherry tomato or other small tomato. Reserve the top for the hat.



Scoop out the insides with a teaspoon, turn the tomato upside down to drain, then fill with peas. Ask your child to use cream cheese to glue on a pair of black-bean eyes, a yellow-pepper nose and a celery grin. Put his hat back on, and he's ready to paint the town red.

## YELLOW-PEPPER SUN

Your child can brighten up his or her dinner plate with this vegetable sun. Cut off one side of a yellow pepper and remove inner ribs and seeds. Cut a 1-inch circle for the sun (or substitute carrot round) and add 6 pepper-strip rays.





## FLYING FISH

Turn a handful of fresh snow peas into a school of fanciful fish. Begin with a snow-pea body, then add triangular fins cut from a yellow pepper (use a pair of clean scissors or a paring knife to do the job). For a tail, cut a second pea pod into a "V." Have your kids give their finny friend a sliced green-olive eye, glued in place with cream cheese. Who wouldn't take the bait?



## GREEN-BEAN SERPENTS

Snakes for lunch? Don't worry, all these serpents will scare up is a healthy appetite. Poke dry-roasted sunflower seeds into the back of a fresh green bean.

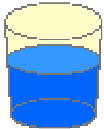
If the seeds fall out, keep them in place with dabs of mustard or cream cheese.

# Cup o' Fish

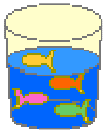
Make an edible aquarium in a cup. This is a great party treat you can make with your child. You will need:



- blue jelly
- gummy fish
- clear plastic cups.



- Make blue jelly according to the What do I do on the box.
- Pour into clear plastic cups.
- Let them cool in the refrigerator until partially set - about an hour.

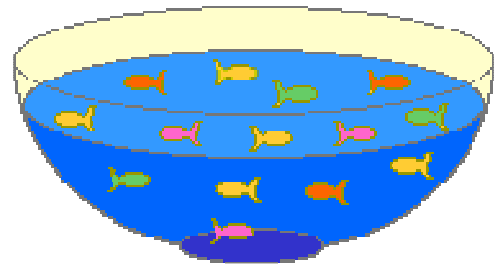


- When they're partially set, place a few gummy fish in each cup.
- Put them in the refrigerator until they're completely set.
- Eat and enjoy!

Variations include:



- Frozen fish-popsicles (just freeze the jelly in popsicle molds - add the gummy fish when they are partially set – Remove from mould very gently when entirely frozen). These are really messy to eat and are best eaten outside.
- An entire punch bowl of fish jelly (made like the cup o' fish)!



# Cookie Paintings

Egg yolks and food colouring make paints that look shiny and vibrant when baked on a cookie canvas.

## What do I need

4 eggs

Food colouring (your choice of colours)

Pre-mixed Cookie dough



## What do I do

1. To make the egg yolk paint, first separate the eggs.
2. Add 5 to 6 drops of food colouring and beat until the colour is evenly distributed. Repeat with the remaining eggs and colours.
3. Roll out the dough to just over ½cm thickness using plastic wrap at the bottom. With a butter knife, cut out rectangular 'canvases' (we suggest 8cm by 12cm).
4. Have kids pretend they're painting with watercolours and let their imaginations loose. Even mistakes will taste good.  
Using the paints and a brush, kids can paint anything.

Chill these works of art until firm.

Bake at 180°C for 8 to 12 minutes or until the edges begin to brown. Let set on the baking sheet for 2 minutes, then transfer to cooling racks. Makes 8 to 12.

# Fruit Loop Necklaces and Bracelets

(a simple tool for reinforcing "patterning")

Give the children a piece of elastic cording approximately 18-inches long and a bowl of dry fruit loops. Help them sort the fruit loops into colours and decide on a pattern to string on the elastic cording (example: red, yellow, red, green, red, yellow, red, green, etc.)

Encourage students to explore Fruit Loops by smelling them and feel their texture on different parts of their bodies e.g. lips, cheeks etc.



# Candy Bracelet and Necklace

## What do I need

- String or yarn long enough to be a necklace
- Candy: Any candy that has a hole in the middle (e.g. Life Savers)
- Needle (Substitute - Wool with tape around tip so it makes it easy for students to thread) (optional)

## What do I do

Tie your string around one piece of candy and knot securely.

Complete threading candy and tie 2 ends together



# Grilled Cheese People

## What do I need

Slices of bread

Grated Cheese

Bacon bits

Carrot and celery sticks

Keep bread left over from cutting out the circles

## What do I do

1. Ahead of time, use a round cookie cutter to cut out circles from slices of bread. Let the children top the circles with cheese.
2. To make each cheesy person, use two circles (one for the head and one for the body).
3. Place them on a cookie sheet, add bacon bits eyes, noses and buttons on the body.
4. Broil until the cheese melts and give one cheesy person to each child. Let them then add the arms and legs (carrot and celery sticks) and the 5. Left over bits of bread can now be used as shoes, gloves, hats, neckties, bows, etc.

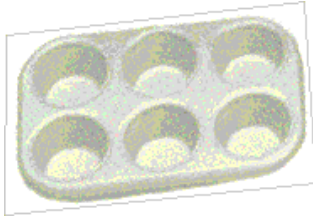
# Candy Bird Nests

## What do I need:

- A large mixing bowl and a spoon
- 1 cup chocolate chips
- 1 1/2 cups chow mein noodles and/or cereal (like crispy rice cereal, cornflakes, or crumbled-up shredded wheat)
- A muffin pan or a flat baking pan
- Aluminum foil or Waxed paper
- Candy that looks like bird eggs (peanut M&M's, jelly beans)



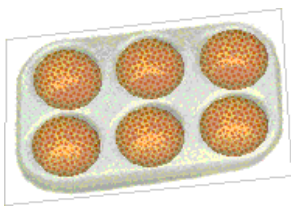
## What do I do



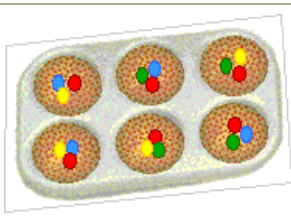
Put a piece of aluminum foil (or waxed paper cut into squares) on top of a muffin pan or a flat baking pan (a flat baking pan makes flat nests). If using a muffin pan, make indentations in the paper or foil in each of the depressions. If you're using waxed paper, try cutting individual squares of paper for each of the muffin holes (this makes the waxed paper maintain the cup shapes).



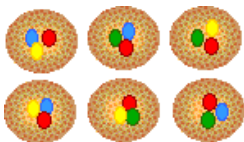
Have an adult melt the chocolate chips in the microwave or in a double boiler (do not overheat the chocolate or it gets grainy). When they are melted, mix the chocolate with the chow mein noodles or cereal in a large bowl.



Working quickly (before the chocolate solidifies), put a few spoonfuls of the chocolate mixture in each cup of the muffin pan, forming little nests (or if you're using a flat pan, after putting the mixture on the pan, make an indentation in it with the back of a spoon).



Put a few egg-shaped candies in each of the little nests. If they won't stick, use a dab of peanut butter to glue them in.



Let the nests cool. You now have cute candy nests to eat and enjoy.

# Jelly Treasure Hunt

## What do I need

large bowl or other container  
packets of jelly

## What do I do

1. Get about 5 same colour packets of the cheapest jelly that you can find.
2. Break them up in the bowl. The children will love doing this step.
3. Once all the jelly is all broken up, put enough water in to fill the bowl.
4. When the jelly and water mix together, have the children add the treasure. ( eg. plastic spiders, snakes, ponies, marbles, ...)
5. Leave to set. It may take overnight for the jelly to set as a large bowl may not fit in the fridge.

Once the jelly treasure has set, let the children loose to dig out the toys. They will have lots of fun hunting for the treasure.

# Rainbow Sandwiches

## What I need

slices of bread

food colouring

milk

paint brushes

cups

toaster



## What do I do

Pour milk into several small cups and add food colouring to each one. Use new, clean paintbrushes to paint the milk on a piece of white bread. Tell your child not to let the bread get too soggy. Place each piece in the toaster and fill with your child's favorite filling. The heat of the toaster causes the colours to become vibrant.

# Fairy Bread

## You will need:

Bread  
Butter (or margarine or what ever spread you want)  
Hundreds and thousands  
Cookie cutters

## Method:

Butter the bread, then sprinkle hundreds and thousands on the bread. Cut out shapes with the cookie cutters. For a variation you could try different spreads - Nutella for a dark (and tasty) background colour or perhaps honey for a stickier surface (and stickier fingers).

# Butterfly Cheese-wich

Butterfly fans will flutter at the sight of this grilled-cheese sandwich on their lunch plates. Make a regular grilled cheese, then cut out the wings as shown.



Ask your kids to place a celery stick in the center for the butterfly's body, poke cherry tomatoes onto carrot sticks for antennae, then add carrot or pepper spots.

# Edible Dog

## What do I need

4 sandwich cookies (cookies with icing filling)

Icing

Miniature marshmallows and strawberry liquorice

Larger M&M's

Fruit gummies cut into triangle shapes

## What do I do

Begin with 4 sandwich cookies. Glue these together with icing. Take a fourth cookie and glue in to the others a little higher for the head. Paint the face with icing. Stick two miniature marshmallows for cheeks. Next add an M&M nose, and tongue, and two M&M eyes. The ears are made by cutting fruit gummies into triangle shapes. The tail is a thin piece of cherry or strawberry liquorice. You may wish to add a miniature marshmallow to the end of the tail for an additional touch. Finally add four legs with miniature marshmallows. The pieces are all glued onto the dog with icing.





# Pizza Monsters

## What do I need

1. Ready-made pizzas
2. Lots of extra cheese in white and yellow
3. Any extra toppings you want to add
4. Green & red whole peppers, cans of whole black olives, pepperoni



## What do I do

2. Open ready-made pizzas.
3. Add extra toppings. Cover entire top of pizza with plenty of extra white or yellow cheese to give your face a good solid background colour.
4. Use peppers, olives, pepperoni to make funny faces by cutting nose, mouth, eyes, eyelashes etc.
5. Cook following package instructions.



# Tasty Sensory Recipes

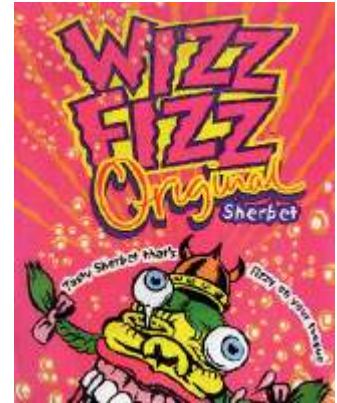
## Sherbet

### Ingredients

500 gram Icing Sugar  
15 ml Baking Soda  
15 ml Tartaric Acid

### Method

- Sift all ingredients together 3 times.
- Keep in airtight container.



## Gluten-Free Sherbet

10 servings

### What do I need

- 1 cup gluten-free icing sugar, ensure gluten free (confectioners powdered sugar)
- 1/2 teaspoon citric acid
- 1/2 teaspoon tartaric
- 1/4 teaspoon gluten free baking powder, ensure gluten free

### What do I do

Sift and mix all of the ingredients together and store in an airtight container.

To make more tangy add more citric acid.

To sweeten add more icing sugar.

A variation is to add jelly crystals to make alternate flavours (just ensure these are gluten free).

This book is compiled  
by  
**Veronica Roos**  
Compiled in July 2007  
Updated January 2008

Geebung Special School  
Brisbane  
Australia

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