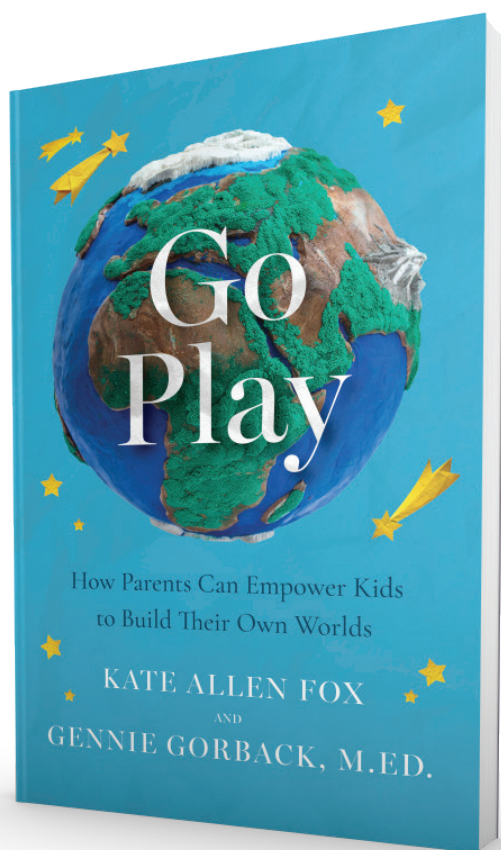




Go Play Sensory Recipe Book

by Kate Allen Fox and Gennie Gorback, M.ED.

Want to get sensory play going in your home? Here are some ideas and recipes to get your kids happily squishing and squelching.

Contents

Glittery (and Scented) Play Dough.....	2	Basic Slime.....	6
Unicorn Foam.....	3	Cloud Dough.....	7
Oobleck.....	4	Lotion Dough.....	8
Gak (a less slimy slime).....	5	Dyed Rice.....	9



Glittery (and Scented) Play Dough

Ingredients

1 cup water
½ cup salt
3 tsp. liquid watercolor* or food coloring
2 tbsp. oil
2 tsp. cream of tartar
1–3 tbsp. glitter (optional)
1–2 tsp. vanilla or peppermint extract†
1 cup flour + ¼ cup flour as needed while kneading



Instructions

STEP 1: In a saucepan over low heat, mix all ingredients except flour.‡

STEP 2: Once ingredients are combined and starting to heat up, add flour. Keep stirring until mixture starts forming a dough ball. Remove from heat.

STEP 3: Dump onto counter or cutting board, knead (careful, it's hot!). If it is too sticky, add some more flour (up to about 1/4 cup). Allow to cool.

Store in a sealed container or a zip-top bag and it will last a long time.



* We love the bright colors of Colorations Liquid Watercolor, which can be purchased at Discount School Supply or on Amazon. But food coloring works great, too.

† We think play dough smells yucky so we always add a scent to play dough. You can use ANY extract you want! Vanilla is a “go to” because it is what we usually have in the house, but we’ve used lemon, peppermint, even coffee. Get creative!

‡ If children are helping the kitchen, supervise and ensure safety near stoves.



Unicorn Foam



Ingredients

¼ cup water
2–3 tbsp. dish soap
Liquid watercolor or food coloring

Instructions

STEP 1: Add water and soap and a generous squirt of liquid watercolor to a bowl.

STEP 2: Mix with hand mixer on high for 2–3 minutes.

STEP 3: Repeat with additional colors.



Oobleck

Ingredients

2 cups cornstarch or corn flour

1 cup water

Liquid watercolor or food coloring (optional)

Additional cornstarch may be needed to thicken the mixture.



Instructions

STEP 1: In your bowl or baking dish, add the cornstarch. You will mix two parts cornstarch with one part water.

STEP 2: Add your coloring (liquid watercolor or food coloring) to the measured-out water.

STEP 3: Add the liquid and mix. You can stir your oobleck with a spoon, but you may need to get your hands in there at some point during the mixing process.

Note: Mixing the oobleck in a bowl and then transferring it to a baking dish or tray may be easier.

Storing oobleck: You can store your oobleck in an airtight container, but we would not use it for longer than a day or two and check for mold before using it. If it has dried out some, add a very tiny amount of water to rehydrate it, but just a very tiny bit. A little goes a long way!

Disposing of oobleck: When you're done enjoying your oobleck, the best option is to scrape most of the mixture into the trash. The thick substance may be too much for your sink drain to handle!

Clean up tip: It's a little easier to clean drips and spills once oobleck has dried.

This is a messy activity and might be best outdoors or at least over tile floors.





Gak

(A Less Slimy Sime)

Ingredients

- 4 oz. school glue
- ½ cup room-temperature water
- ¼ cup warm water
- ½ tsp. borax*
- 3–5 squirts of food coloring or liquid watercolor

Instructions

STEP 1: Mix the glue and ½ cup of room-temperature water together. Add the food coloring. Set aside.

STEP 2: In a measuring glass, dissolve ½ teaspoon borax with ¼ cup of warm water. Stir until it's completely dissolved.

STEP 3: Add the borax water to the glue mixture and mix well, until the gak forms a blob around your spoon.

STEP 4: Have fun!

Note: Make sure the borax is completely dissolved before adding to the glue or the recipe will FAIL!



* Borax is typically found in the laundry aisle of larger grocery stores. Since borax is a cleaning supply, please research if it is right for your family and always supervise children when using.



Basic Slime



Ingredients

- 2 oz. clear glue, about $\frac{1}{4}$ cup
- 2–3 squirts food coloring
- 1 tsp. glitter (optional)
- $\frac{1}{4}$ tsp. baking soda
- 1 tsp. saline solution*

Instructions

STEP 1: Add food coloring or glitter to glue and mix with spoon.

STEP 2: Add baking soda and mix well.

STEP 3: Add saline solution and stir slowly until set.

STEP 4: Remove slime from the cup and play with it.



* Found in the eye care section of grocery stores or pharmacies.



Cloud Dough



Ingredients

5 cups of flour (you can use different kinds, including glutenfree and buckwheat)
1 cup of baby oil (or cooking oil for taste-safe)
Liquid watercolor or food coloring (optional)

Instructions

STEP 1: Add flour to a bowl.

STEP 2: Add oil to the flour and mix (optional: add food coloring). You should be able to grab a chunk of the dough, mold it, and have it hold. If not, you may need more oil. If it is too oily, add more flour.

STEP 3: Transfer the mixture to a clean baking pan or sensory bin to play!



Lotion Dough

Ingredients

½ cup of lotion (any kind)
1–1½ cups of cornstarch
Liquid watercolor or food coloring (optional)

Instructions

STEP 1: Add food coloring or glitter to glue and mix with spoon.

STEP 1: Add cornstarch to a bowl.

STEP 2: Add lotion to the cornstarch and mix (optional: add liquid watercolor or food coloring).

STEP 3: Knead the dough until it's a good texture.





Dyed Rice

Ingredients

Uncooked white rice

Zipper/Ziploc bags

Liquid watercolor or food coloring

A 1/2 teaspoon of rubbing alcohol (optional, but helps the rice dry more quickly)

Instructions

STEP 1: Put desired amount into zippered bag. Don't overfill, you need to leave room for shaking.

STEP 2: Add generous squirt* of liquid watercolor or food coloring. Add rubbing alcohol, if using.

STEP 3: Close the bag (triple check!) and SHAKE.

STEP 4: Spread as flat as possible on a tray or cookie sheet and let dry overnight (stir occasionally to make sure it all dries).



* Adding too much will may make the rice not dry properly.