

ELEMENO-P KIDS

play. create. imagine.

5 DIY SENSORY PLAY RECIPES!

#1- COLORED RICE OR PASTA

What you need:

- 2 C. White Rice/Pasta
- 2 Tbsp. Rubbing Alcohol
- Water
- Food Coloring
- Ziplock Bags

Instructions:

1. Pour 2 cups of white rice in ziplock bag
2. Fill baggie with water, making sure all the rice is wet
3. Add 2 tbsp. of rubbing alcohol to the bag (this speeds up drying time)
4. Add 4-5 drops of desired food coloring color
5. Close the bag, and knead, making sure all ingredients are mixed
6. Open bag slightly and pour excess water in the sink
7. Spread rice out on a foil-covered cookie sheet to dry.
I do not recommend putting this in the oven to dry

#2-PLAYDOUGH

What you need:

- 1 C. Flour
- 1 C. Water
- 1 Tbsp. Cream of Tartar
- 1 Tbsp. Oil (vegetable/canola)
- 1/2 C. Salt
- Food Coloring

Instructions:

1. Place all ingredients in a pot and whisk them together.

2. Heat on med/high until mixture clumps together (happens very quickly)
3. Stir the mixture the entire time to prevent sticking
4. Once it clumps nicely, put on wax paper to cool
5. Add a few drops of baby oil or essential oil to give it soft texture (optional)

#3-FINGERPAINT

What you need:

- 1/2 C. Cornstarch
- 2 C. Cold Water
- 3 Tbsp. Sugar
- 1/2 Tsp. Salt
- Food Coloring

Instructions:

1. Mix all ingredients in saucepan and cook over low for about 10 minutes
2. Stir until mixture is thick
3. Turn off heat and let mixture cool
4. Once cool, separate into desired portions and add desired food coloring
5. Store in airtight container

#4-GOOP

What you need:

- Cornstarch
- Water
- Food Coloring (optional)

Instructions:

To make goop, pour some cornstarch into a plastic bowl or container. Slowly add water until you get a squishy consistency. You'll know the consistency is right when the substance acts as a solid when you hold it, but a liquid when you let it go. You can literally ball it up in your hands or scoop and pour it as a liquid. It's

slimy and fun! Optional: add some food coloring for a rainbow goop experience!

#5-SALT PAINT

What you need:

- Epsom Salt
- Water
- Food Coloring

Instructions:

1. Place 2-3 Tbsp. of Epsom Salt in a bowl. Use different bowls for each color that you want to make.
2. Add 1/3 cup of water to the salt
3. Add 5-6 drops of desired food coloring

Another way to make this paint is to skip the water/food coloring, and just add liquid watercolors (found at any craft store) to heaping tablespoons of Epsom salt. You want a grainy, but spreadable texture

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