

Sensory Recipes

1. Silly Putty
2. Rainbow Stew
3. Goop
4. Soap Slime
5. Silly Slime
6. Green Glop
7. Gunk
8. Flubber Fun
9. Whipped Snow
10. Basic Bubble solution
11. Scented bubbles
12. No More Tears Bubbles
13. Some Tips & Techniques to Make Super Bubbles

1. Edible Green Slime
2. Edible Glass
3. Modelling Rice

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.

Gloop

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 Gloop

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.

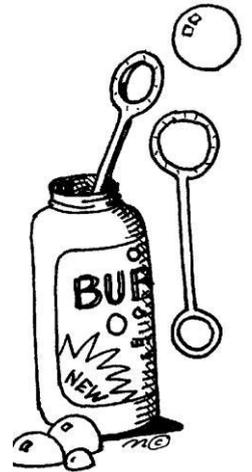
Basic Bubble Solution

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.