

RECIPES



4

PLAY
TIME

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Sensory play includes any activity that stimulates your young child's senses: touch, smell, taste, movement, balance, sight and hearing. **Sensory activities** facilitate exploration and naturally encourage children to use scientific processes while they **play**, create, investigate and explore.



MORE IDEAS



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MORE IDEAS



Rainbow Play Dough

By Rachelle Doorley of [Tinkerlab](#)

This recipe was created when we made our usual play dough recipe in the wrong order, but it also appeased my daughter's desire to have more than one colour of dough. It's simple to make, stores well and has a nice texture, making it our best play dough recipe yet!

MATERIALS

2 1/2 cups water
1 1/4 c. salt
1 1/2 tbsp. Cream of tartar
5 tbsp. Vegetable oil
2 1/2 cups flour
Food colouring or liquid watercolours



INSTRUCTIONS

1. **Mix everything but the food colouring** together in a large pot until somewhat smooth. It will be lumpy. Not to worry, the dough will get smoother as it cooks.
2. **Cook the dough over a low heat.** Mix frequently. The water will slowly cook out of the mixture and you'll notice it start to take on a sticky dough appearance.
3. **Keep mixing** until the edges of the dough along the sides and bottom of the pan appear dry. Pinch a piece of dough. If it's goey, the dough is ready.
4. **Place the dough on a large cutting board** or mat that can withstand a little food coloring.
5. **Knead the warm dough until it's smooth** and then divide it into the number of colors that you'd like to make. I divided mine into four balls, flattened each of them, added a little bit of food coloring, and then kneaded it in, adding more food colouring as needed to get desired shades of yellow, pink, teal, and lavender.

When you're finished oohing, aahing, and playing, store the dough in a large Ziplock bag or sealed container. Unused, it'll keep for months.

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Borax Free Slime

cnet "How To" By Alina Bradford

MATERIALS & INSTRUCTIONS

Pour 1 cup white washable school glue into a bowl.

Add 1 tbsp. baking soda.

Add 3—5 drops food coloring (optional).

Mix well.

Add 1 tbsp. contact lens saline solution.

Mix well.

Continue to add a tablespoon of contact lens saline solution and mixing until you get a nice consistency.

It will be sticky at first. Kneading the dough will firm it up and make it less sticky. It will come off your hands by continuing to knead the dough. It should end up stretchy by not stick to your hands.



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Snow Dough

By growingajeweledrose.com

MATERIALS

- 1 cup cornstarch*
- 1 cup lotion*
- glitter (optional)
- Peppermint extract (optional)
- Bowl, mixing spoon
- Cookie cutters, kitchen gadgets, scoopers, etc.

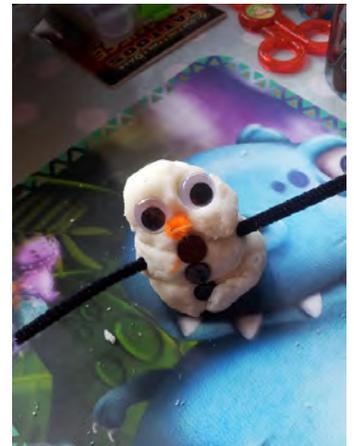


INSTRUCTIONS

*Prior to mixing, put cornstarch and lotion in fridge for a few hours or overnight.

Mix cornstarch and lotion together in a bowl. The amount of lotion used determines whether the snow dough will be wetter or dryer. Less lotion allows for the snow dough to crumble or flake apart. Place dryer snow on trays and the children will have fun writing letters or numbers in it, or they may like to play with their trucks and cars. Wetter dough can be formed into shapes, such as balls for snowmen. You can embellish creations with pebbles, pompoms, pipe cleaners, scraps of wool or ribbon, etc.

Store unused portion in a Ziplock bag or sealed container in the fridge.



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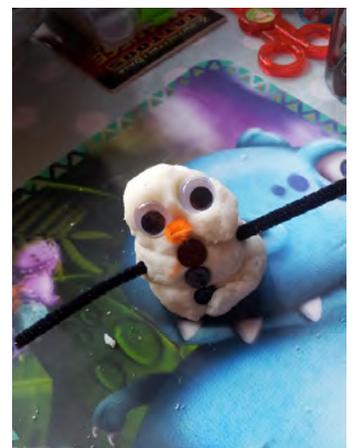


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Basic Oobleck

By littlebinsforlittlehands.com

MATERIALS

1 cup cornstarch

1/2 c water

Mix together in a bowl until smooth and of oobleck consistency!



Oobleck is usually a mixture of cornstarch and water. Roughly a 2:1 ratio but you can tinker with the ratio to find a desired consistency that still maintains the properties of oobleck. What's the science of oobleck? Well, it's a solid. No wait it's a liquid! Wait again, it's both! Very fascinating to be exact. Pick up solid chunks, pack it into a ball and watch it ooze into a liquid. This is called a non-newtonian liquid, a substance that acts like both a liquid and a solid. It's fun just plain white but why not try our marbled oobleck too!

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Mixing Marbled Oobleck

By littlebinsforlittlehands.com

MATERIALS

1 cup cornstarch
1/2 cup water plus 1 or 2 tsps more*
Food Coloring
Bowl and spoon
tray, skewers or toothpicks , plastic knife, spoon
Old shirt or painting apron for your child as food coloring will stain clothing.

INSTRUCTIONS

*Make oobleck a little wetter than usual, while keeping it a true oobleck.

Together with your child, pour the well mixed oobleck into a tray or shallow pan from the dollar store.

Let the child put drops of food coloring where they want them. They may wish to blend the colors by dropping two colors together or close to each other.

Give them a skewer, toothpick, etc. to swirl the colors. Let them mix colors in the oobleck to see what happens.



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Mud Pies

By Marilyn Fisher

MATERIALS

Dirt

Water

Container for mixing and a mixing tool

(Of course, mud puddles are a great place to start!)

Scoopers, twigs, containers to pour the mud into

Let children explore! Give them containers that have holes in them so they can see what happens!



INSTRUCTIONS

This is free play, let the imaginations roam! Add sand, rocks, grass, seeds, whatever you might have that you don't want back. I loved to use my grandma's holly hock seed pods. They made good pies!

More than half the fun of playing in the mud is getting dirty. Dress your children accordingly and let them have fun!

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Three-Ingredient Scratch and Sniff Paint

By Caroline Gravino of [Salsa Pie Productions](#)

This easy to make, three-ingredient scratch and sniff paint is a great sensory activity for kids! Simply mix school glue, a little water and flavored gelatin powder to create the paint! Test your sense of smell once the paint dries!

MATERIALS

school glue
water
flavored gelatin powder (like Jello)
paintbrush
index cards or paper

INSTRUCTIONS

1. Begin by mixing together a tablespoon of school glue with a teaspoon of water and about 3/4 teaspoon of flavored gelatin powder. Choose different flavors to create an array of different scents.
2. Mix the ingredients together well with a spoon.



3. Now it's time to paint!
4. Set aside and allow to completely dry.



5. Scratch and sniff.

What do you smell? Is the scent strong or faint? What does each flavor of paint smell like?



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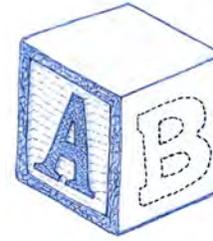


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*This recipe book has been compiled for you by the
Cypress Early Childhood Coalition.
Credit has been given to those posting the online recipes.*



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EARLY
CHILDHOOD
COALITION

building
amazing beginnings

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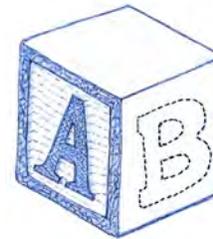
Contact Us:

cypress1@fcssaa.org



Marilyn Fisher, Community Resource Coordinator
403-527-0329

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