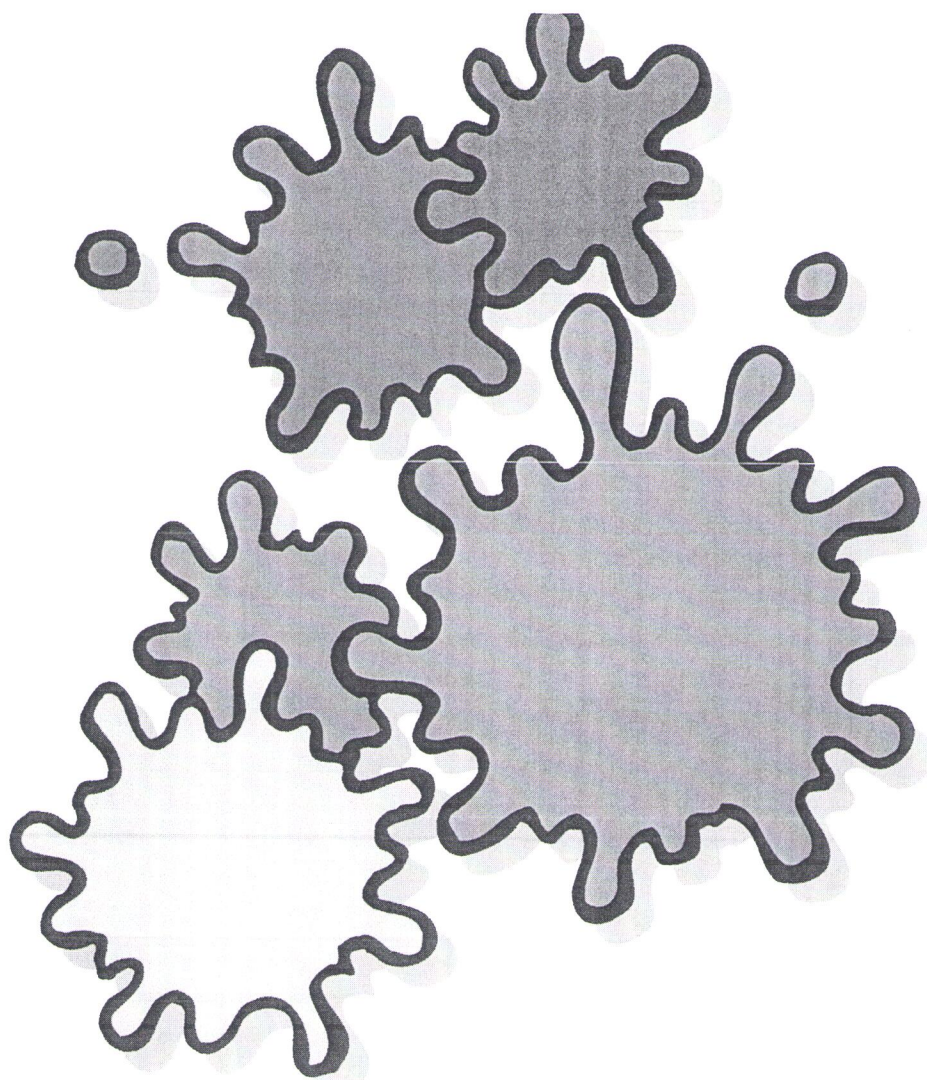


# Recipes for Sensory Fun!



**Kid Partners, Inc.**  
Therapy Services for Kids

## RECIPES FOR SENSORY FUN!

(Allow the kids to help as much as possible with the preparation. The activities in this booklet will not only provide wonderful sensory play and fine motor work, but also will address following a procedure, listening to and following directions, and even taking turns—and they're FUN!)

### OOBLICK

- 1 box cornstarch
- 1  $\frac{1}{2}$  to 2 cups water

Using a bowl or a tray with sides, add water to the cornstarch until it is semi-firm. Can use colored water or sprinkle in powdered paint if you like. Also fun for kids to hunt for small hidden objects in the ooblick, such as beads or pennies. Can explore with hands, popsicle sticks, or even cookie cutters or shapes. Store covered in the refrigerator.

### GRANDMA'S COOKED PLAYDOUGH

- 2 cups water
- 3 Tbs. vegetable oil
- Food coloring
- 2  $\frac{1}{2}$  cups flour
- $\frac{1}{2}$  cup salt
- 1 Tbs. Alum

Bring water, food coloring, oil to a bowl. Add salt and alum, and then slowly add flour, stirring well. Dump out onto counter or board and carefully knead until smooth. This recipe is not for children to help with, but the end results are a smooth and long-lasting playdough! You can add flavors or scents for more sensory input, such as vanilla, peppermint, almond or lemon extracts, packages of Kool-aid (thin unsweetened packs), etc. Can roll, poke, smash, pinch, use cookie cutters or other gadgets, hunt for pennies or beads, slide and cut, etc. Store in an air tight container or Ziploc bag.

### NO-COOK PLAYDOUGH

- 1  $\frac{1}{2}$  cups flour
- $\frac{1}{2}$  cup salt
- $\frac{1}{2}$  cup water
- $\frac{1}{4}$  cup vegetable oil
- 1-2 squirts of liquid detergent (optional)
- 2 Tbs. Alum
- Food coloring (optional)

Mix dry ingredients together, then slowly stir in wet ingredients. Knead into smooth dough, adding water or flour as needed for consistency. Store in an air tight container or Ziploc bag.

## SCRATCH & SNIFF WATERCOLORS

- Packages of unsweetened Kool-aid
- 1 Tbs. warm water per package

Choose Kool-aid based on the vibrancy of the colors and the appeal of the scents. Can use an ice cube tray, small muffin pan, divided plate or several small containers when making multiple colors. For best results, rinse paint brush between colors. Allow your artwork to dry overnight before "scratching and sniffing". Can use to make pictures or even unique greeting cards.

## HOME-MADE FLAVORED STICKERS

- 2 Tbs. Flavored gelatin (Jell-O powder works well)
- 4 Tbs. Hot water

Stir ingredients in a small glass bowl. Brush the mixture onto the back of a small picture, drawing or magazine cut out. Handouts of children's "speech words" work well too! Allow to dry completely (at least 30-45 minutes.) When you're ready, just lick the back and stick it! Use with scratch and sniff watercolors to make an extra special project! (For extra tart flavor, add corresponding flavored unsweetened Koolaid in with the Jell-o)

## HOME-MADE FINGER PAINT

- 1 cup flour
- 2 Tbs. Salt
- 1  $\frac{1}{2}$  cups cold water
- 1  $\frac{1}{4}$  cups hot water
- Food coloring



Combine flour, salt, and cold water in a saucepan. Beat with a wire whisk until smooth. Place over medium heat, then slowly stir in hot water. Continue stirring until mixture boils and begins to thicken. Remove from heat, then beat with a whisk until smooth. Divide the mixture into several different containers or bowls. Add 4-5 drops of food coloring to each container and stir well. For best results, paint on freezer paper or finger paint paper (paint on shiny side). Or finger paint on plastic bowls, cups and plates. They provide fun & unique surfaces, and when you're finished, the paint simply washes off.

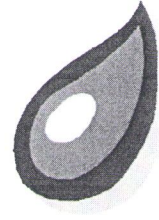
## GOOP or HOME-MADE SILLY PUTTY

- 1 part Liquid Starch to 1-2 parts Elmer's Glue

On a large try or counter top, pour a small puddle of starch then add glue into the center. Fold/splash the starch over on top of the glue, then mix together until smooth and bouncy. If too sticky, add more liquid starch, and if too runny, add glue. Definitely use smocks or old t-shirts when exploring as it can be difficult to wash out of clothing and rugs. Again, can hide small objects in the goop to find, press in designs with cookie cutters or gadgets or work on two hands pulling and stretching it out. Can also poke a firm straw into it and blow large bubbles!

## SQUISH BAGS

- Small & Large Ziploc Freezer Bags
- Duct tape
- Hair gel, shaving cream, finger paint...
- Small beads, glitter, sequins, sparkles...



Fill bags as desired, get air out of bag, then seal closed, adding a strip of duct tape. Encourage child to poke squish, squeeze, or write on the bags. Can add spoonfuls of two colors of paint, and let kids learn first hand how two colors can be squished together to make a whole new color! The obvious are red/blue, red/yellow, and blue/yellow.

## PAPER MÂCHÉ

- 2 cups of cold water
- 1  $\frac{1}{2}$  to 1  $\frac{3}{4}$  cups of all purpose flour
- Newspaper

Mix water and flour in a large bowl with a wire whisk until smooth. Mixture should be the same thickness as heavy cream. Coat an inflated balloon with one layer of newspaper strips which have been dipped in water. Kids can practice pressing two fingers together on either side of a paper strip and sliding down to get the excess mixture off. Some people put a first layer on of just paper and water, then cover with paper & flour mixture. Others have used colorful tissue paper instead of newspaper. Once the mold is dry, it can be painted and decorated as desired.

## SUPER-DUPER BUBBLES

- 2 cups dishwasher liquid (people swear by Joy)
- 6 cups water
- $\frac{3}{4}$  cup white corn syrup (Karo)

Mix ingredients together and store in clean milk jugs. Can use bubble wands, straws and strings, bent out wire coat hangers, toddlers coat hangers (especially the rectangular ones that come with two piece outfits), tubes, and just about anything you can think of! When using smaller bubble wands/containers, food coloring can be added to the liquid for a colorful, swirled effect when the bubbles are popped on shiny finger-painting paper.

## STICKY COLLAGES

- Scraps of colorful paper, string, beads, sequins, foam, felt, ribbon, streamers, wrapping paper, foil, etc.
- 1 large piece of paper or sticky contact paper
- If using regular paper, glue (with or without paint or food coloring added)

Kids will have a great time selecting specific pieces to use for their collage. If you like, the children can practice snipping appropriate materials to "just the right size". If using contact paper, have child place pieces and press hard to the adhesive. If using paper/glue, they can squeeze the bottle or use a small cup of glue with water color brush or even a Q-tip. Keep in mind items that might be choking hazards for some kids.

## PEANUT BUTTER PLAYDOUGH

- 1 cup peanut butter
- 1 cup corn syrup
- 1  $\frac{1}{2}$  cups powdered milk
- $\frac{1}{4}$  cup powdered sugar

In a mixing bowl, combine the above ingredients. Left-overs should be refridgerated. Use as you would regular playdough...and it's edible!

## SPAGHETTI PLAY

- Spaghetti noodles or other pasta noodles

Boil the spaghetti for 8-10 minutes in water with food coloring. Drain, but DO NOT rinse. This is great fun to play with in a large bowl or dish tub. It will also stick to paper without glue!

## COLORFUL MACARONI

- Any type of dry noodles (elbows, alphabets, shells, wagon wheels, bow-ties...)
- OR regular uncooked rice (not instant)
- Rubbing alcohol
- Food coloring

A small amount of alcohol goes a long way, so in a large metal mixing bowl, start with 1-2 tsp with food coloring added. Mix in a bag or box of pasta, stirring to cover all the noodles. Then pour out on newspapers, garbage bag, cookie sheets, etc. Once completely dry, it can be used in a sensory tub, strung for necklaces or bracelets, glued onto a project, poked into dough, etc.

## SOAPY PAINT

- Soap flakes or soap powder
- Water
- Powdered paint
- Food coloring

Whip the soap flakes and water using a whisk or hand mixer. Add powdered paint or food coloring as desired.

## STICKY, STICKY PAINT

- Corn syrup (KARO)
- Food coloring
- Q-tips or water color brushes

Can mix different colors in recycled applesauce containers. Looks great on paper, waxed paper, and even foil. Can make "stained glass" by covering your painted piece of waxed paper with another piece, and adding a construction paper "mat".

*Kid Partners therapists gathered these sensory ideas from cumulative experiences from our own childhoods, from favorite preschool classrooms all around the St. Louis area, and from The Ultimate Book of Kid Concoctions by John E. Thomas & Danita Pagel, [www.kidconcoctions.com](http://www.kidconcoctions.com)*