

# Make at Home Recipes

## Cloud Dough (also known as Moon Sand)

Source: [thebestideasforkids.com](http://thebestideasforkids.com)

1. 4 cups of white flour
2. 1/2 cup canola oil

Store in airtight container.

Measure, pour and mix! Perfect for molding, shaping, squeezing, pressing and sculpting. It provides a great hands-on sensory learning experience for children.

## Oobleck

Source: [isntructables.com](http://isntructables.com)

1. 1 cup water
2. 1.5-2 cups corn starch
3. A few drops of food coloring of your choice

It acts like a liquid when being poured, but like a solid when a force is acting on it.

**Benefits of Oobleck:** the development of fine motor skills as children work and strengthen their little hand muscles, facilitates the *benefits* of sensory play,; is inexpensive,; quick and easy to set up,; taste-safe for babies and toddlers

## Slime

Source: [thebestideasforkids.com](http://thebestideasforkids.com)

1. 1 Bottle of Elmer's Glue (6 oz) *We recommend Elmers as it has been tested and is quality glue. Do not substitute any ingredients as your slime may not work.*
2. 1/2 teaspoon Baking Soda
3. 1½ TBSP of Contact Lens Solution - Renu Fresh or Equate are both good brands which contain Boric Acid and Sodium Borate. Do not substitute for other brands.

4. (Optional) - Add 2 TBSP of water if you'd like a stretchier slime.

Adults should make the slime and handle the chemicals, play with in moderation, best suited for children over 4 years.

**Benefits of Slime:** Aids in developing and enhancing memory function. Uses and builds fine motor skills by exploring pinching, popping, poking, pouring movements, as well as problem solving skills, and social interaction. Helps children learn important sensory attributes, like sticky, hard, crunchy, wet, etc.

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## Playdough

Source: [theimaginationtree.com](http://theimaginationtree.com)

1. 2 cups plain flour (all purpose)
2. 2 tablespoons vegetable oil (baby oil and coconut oil work too)
3. 1/2 cup salt
4. 2 tablespoons cream of tartar
5. 1 to 1.5 cups boiling water (adding in increments until it feels just right)
6. gel food colouring (optional)
7. A few drops glycerine (my secret ingredient for stretch and shine!)

### Method:

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring TO the boiling water then into the dry ingredients
- Stir continuously until it becomes a sticky, combined dough
- Add the glycerine (optional)
- Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. \* This is the most important part of the process, so keep at it until it's the perfect consistency!\* If it remains a little sticky then add a touch more flour until just right

### Benefits of play dough

- Enhances fine motor skill
- Improves pre-writing skills
- Creativity and imagination
- Calming effect
- Develops hand - eye coordination
- Social skills
- Increases curiosity and knowledge

### Around-the-House Playdough Props

Source: <https://www.naeyc.org/our-work/families/playdough-power>

- Birthday candles
- Blocks
- Bottle caps
- Cookie cutters
- Combs
- Garlic press (be prepared to give it up forever)
- Large buttons and other objects that can be pressed into the playdough to make a design
- Feathers
- Leaves, twigs, pebbles
- Plastic knives, forks, and spoons
- Rolling pin or bottle
- Small toy people and animals
- Straws
- String or shoelaces
- Tea strainer
- Toothpicks (only for older children)