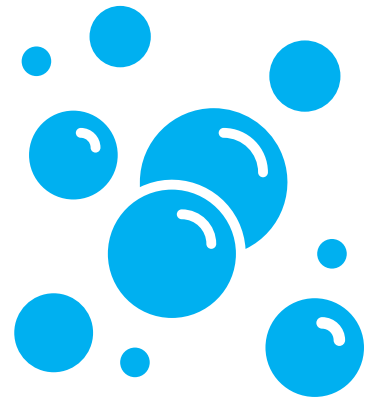
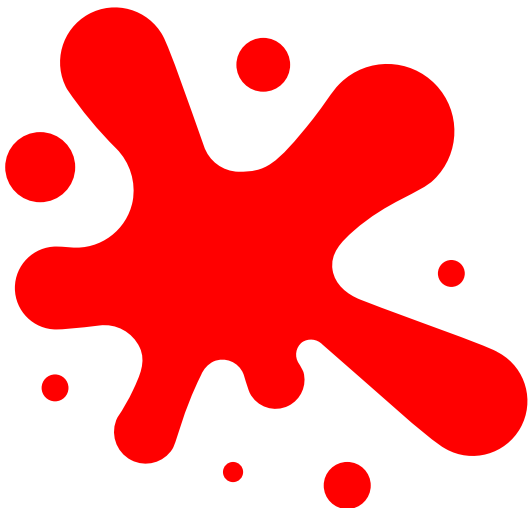


Book of At-Home

Sensory Play



Why messy-sensory play is important?

Messy play is important for young children, giving them endless ways to develop and learn. All types of play are essential for children's development and early learning. Play helps children to develop and improve their gross and fine motor skills, co-ordination and concentration. Also how to work co-operatively and collaboratively, use all their senses to discover and explore their environment, and develop their imagination, creative thinking and ability to problem solve and experiment with solutions.

All recipes and pictures were obtained from Learning4Kids, which is a free public domain.

Go to <https://www.learning4kids.net/> for more information.

Learning 4 Kids Early Childhood Education website. (2014). Retrieved from

<https://www.learning4kids.net/>

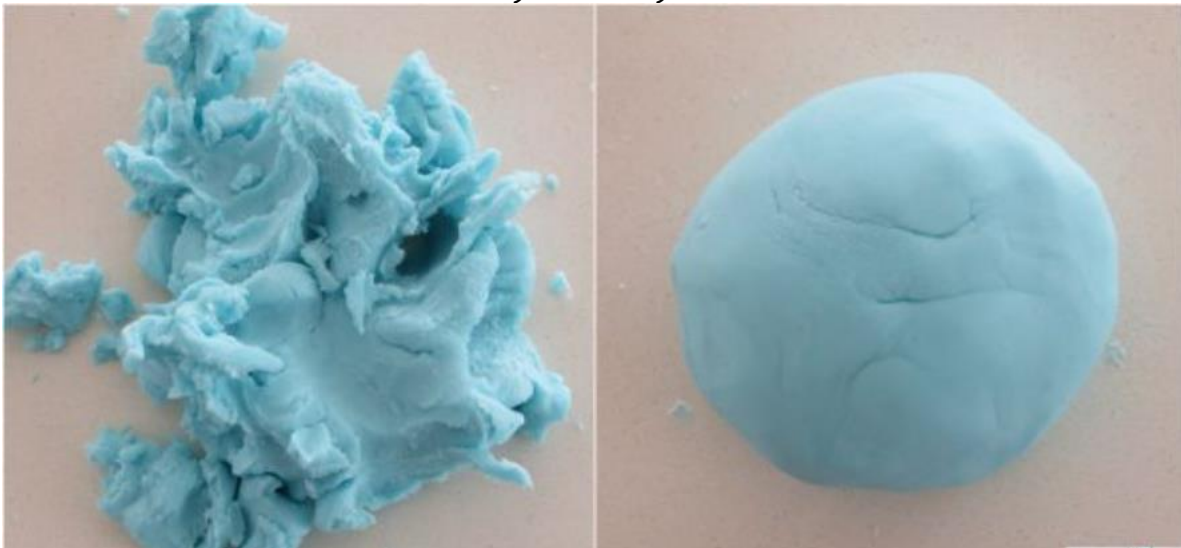
Rubery Goop

Ingredients:

- 2 cups bi-carbonate soda (baking soda)
- 1 ½ cups water
- 1 cup of corn starch
- Food coloring (optional)

Instructions:

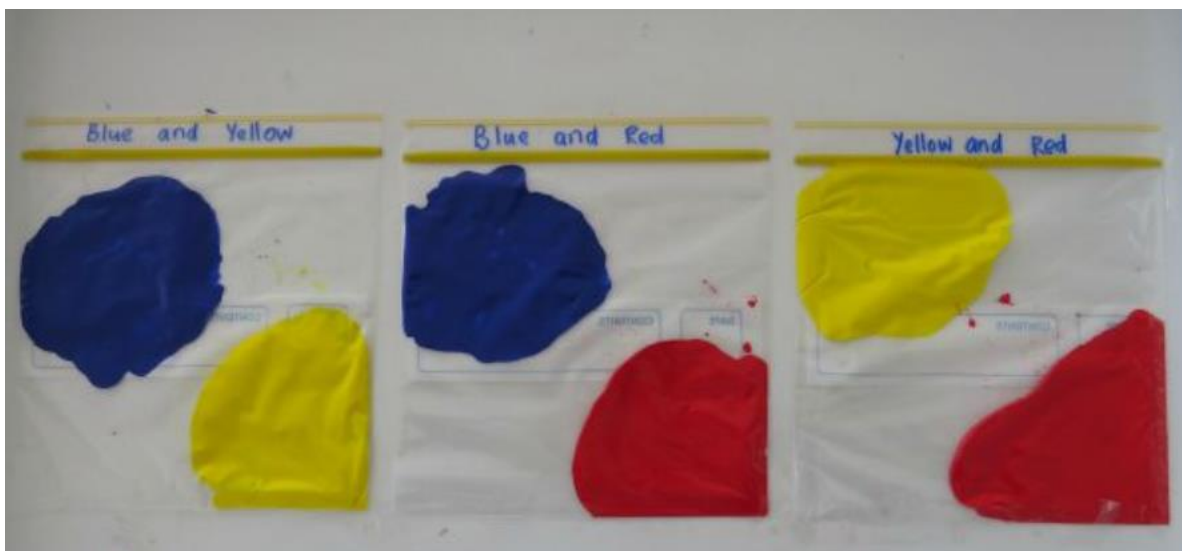
1. Combined all ingredients into a saucepan.
2. Mix the ingredients together using a whisk to remove lumps.
3. Heat on stove stirring with a wooden spoon.
4. Bring the mixture to the boil continuously stirring.
5. Small lumps will begin to appear, continue to stir until a thick mixture has formed.
6. Turn out onto the bench. Be careful the Rubbery Goop will be very hot!
7. Knead together to form a smooth ball of Rubbery Goop.
8. Store in a plastic zip-lock bag or airtight container.



Primary colors squishy bag experiment

Supplies:

- Large tray (or flat surface)
- Red, blue and yellow paint
- Clear plastic zip lock lunch bags
- Tape
 - The tape is used to seal and strengthen the openings of the zip lock bag and to also tape the bags onto a flat surface.



Play ideas:

- Place the two-colored paints for each zip lock bag in the corners opposite each other. One bag with blue and yellow, second bag with red and blue and the third bag with red and yellow.
- Use sticky tape to seal and strengthen the squishy bags. If you are concerned the bag may break, you can double bag it for extra strength. I find that by fastening the squishy bags flat on a surface with sticky tape also assists in avoiding the bag breaking.
- Gently press and push the paints to the center of the bag to blend. Using your fingers gently rub the paint to mix and blend.
- Watch as the colors blend together. Make predictions and talk about what is happening throughout the process. Use descriptive language.

Learning 4 Kids Early Childhood Education website. (2014). Retrieved from

<https://www.learning4kids.net/>

- Label and name each color throughout and talk about the new colors that they see.
- Ask questions, such as, which two colors made green? Name other objects that are green? Can you go and find me something that is green? What do you see? What does the squishy bag feel like?



Colored Rice

Supplies:

- 1 cup dried rice
- 1 teaspoon food coloring
- Paper towels
- Tray or plate (for drying the rice)
- A container with a screw on lid on

Instructions:

1. Add food colorings to the container and pour in one cup of rice.
2. Screw on the lid and shake, shake, shake until the rice is completely covered. Add a little more food coloring if needed to achieve desired color.
3. Place the wet rice out onto a paper towel and plate. Using a spoon spread the wet rice out evenly to dry out. If it is a sunny day, I place the wet rice out in the sun to air dry. Give the container a wipe and a rinse, and proceed with your next color
4. When the rice is dry, gently rub the rice between your fingers to break up any rice that may be stuck together. Colored rice will last for several years if stored correctly in an air-tight container.



Rice and Ice

Supplies:

- Tray, flat surface, or large tub
- Ice cube trays
- Blue and yellow food coloring
- Water
- Mixing bowl
- Uncooked rice



Instructions:

1. Mix food coloring into water in mixing bowl
2. Pour colored water into ice cube trays
3. Freeze water until ice cubs are solid
4. Add ice cubes to rice in a large tub
5. Play and watch the colored ice change the white rice to green!



Colorful Spaghetti Worms

Supplies:

- Cooked and cooled spaghetti
- Large tray
- Small bucket or container
- Food coloring
- Bowls

Instructions

1. Cook spaghetti according to box instructions
2. Let spaghetti cool to the touch
3. Add approximately 8 drops of food coloring to each bowl
4. Separate spaghetti evenly to the bowls
5. Stir gently until the coloring has evenly dispersed



Squishy Bags

Supplies:

- 1 cup of flour
- 6 tablespoons of water
- Food coloring
- Zip lock bags
- Mixing bowls
- Tape



Instructions:

1. Place flour in small bowl and add food coloring.
2. Add water.
3. Mix until well blended.
4. Scoop flour mixture into plastic zip lock bag.
5. Gently push out excess air.
6. Close bag and reinforce with tape

Play ideas:

- Use your finger or Q-tip to write letters, names, numbers, and shapes.
- Squish bag for sensory experience
- Before closing the bag, place uncooked rice or beads into the mixture. Close the bag and use fingers or Q-tips to move the mixture around to find the items.

Sand Foam

Supplies:

- Clean sand
- Shaving cream
- Large tray or tub



Instructions:

1. Add 3 cups of sand to tray
2. Gradually add the shaving cream and combine using hands. Add more shaving cream until desired consistency is made.

Play ideas:

- Add small toys such as dinosaurs, cars, or alphabet letters into the sand. Use your hands or spoons to dig for the toys in the sand.
- Draw or write in the sand. Write your name, letters, numbers, or draw shapes and pictures.



Edible Finger Paint

Supplies:

- 4 Tablespoons of cornstarch
- Cold water
- 1 Cup of boiling water
- Liquid food coloring



Instructions:

1. In a medium saucepan, mix the cornstarch with enough cold water to make a paste. (Not too runny).
2. Pour in 1 cup of boiling water and stir thoroughly so there are no lumps.
3. Turn on medium heat on the stove and mix. The mixture will start to change, and you will notice some clear streaks forming in the mixture. Once you see this, turn off the heat and continue stirring. It will start to thicken and turn into a wonderful, custard-like consistency.
4. Spoon equal amounts into empty jars, cups or containers and add food coloring. Mixing until completely combined.
5. Store in the fridge covered with cling wrap for up to 2 weeks. This paint recipe does not have any preservative in it, so it is important to check that the paint has not expired before giving it to children.

Tip: If the mixture has hardened from being in the fridge, adding a little bit of boiling hot water or leave the paint out for a few hours will return to its smooth consistency.

Cloud Dough

Supplies:

- 4 cups of flour
- ½ cup of baby oil
- Large tub
- Large spoon

Instructions:

1. Measure and pour the flour into the large tub.
2. Add baby oil.
3. Mix with a wooden spoon.
4. Using your fingers, squeeze and press the cloud dough to blend the oil throughout the flour.
5. Store in an airtight container.

Safety note:

Please always supervise young children around things that they may place into their mouths. Baby oil should not be ingested.



Gloop

Supplies:

- 2 cups of cornstarch
- 1 cup of water
- Food coloring
- Large container

Instructions:

1. Combine ingredients in large container.
2. Add food coloring for desired color.
3. Encourage the child to help mix the ingredients together, its part of the fun!

Tip: This activity can get messy, but clean-up is quite easy as gloop can be picked up or wiped off the table and easily washed off hands and clothing. I would recommend wearing an apron or a large shirt.



Soapy Slime

Supplies:

- 1 cup of soap flakes
- 3 cups of warm water
- Food coloring
- Large mixing bowl
- Electric beater
- Large container or tray



Instructions:

1. Place ingredients into large mixing bowl
2. Add food coloring for desired color
3. Using electric beater, blend ingredients until mixture is fluffy and fully combined
4. As you beat the mixture, it will begin to multiply. To catch the overflow, you can place the large mixing bowl into the container.

Tips to consider and don't stress the mess:

This activity looks very messy, well that is because IT IS! This can be understandably overwhelming for some parents but clean-up is quite easy if you plan ahead. Take the activity outdoors in a large tub, that way when finished playing all you need to do is hose everything off, even the kids!! This can be all part of the fun and experience! Place kids in their old clothes, no shoes and an apron which provided some protection.