

Recipes for Sensory Play

Peanut Butter Play Dough

1 jar of peanut butter
A few spoonfuls of honey or syrup
Powdered milk, cocoa, or powdered sugar

Mix the first 2 ingredients. Then add powdered milk until it is a consistency for moulding. Roll, shape, & decorate with raisins, nuts, or other edible items. Then eat!

Cornstarch Clay

1 cup of cornstarch
2 cups of salt
1 1/3 cups of cold water

Put the salt & 2/3 cups of water in a pot & bring to a boil. Mix cornstarch with the remaining water & stir well. Then blend the 2 mixtures & knead into clay.

Mould clay & let dry (several hours), then paint the sculptures. Keep the used portion in a covered container or plastic bag in the refrigerator.

Homemade Paste

1 cup of flour
1/2 cup of water

Combine the ingredients & mix until creamy. Store in a covered container

Finger Painting

Try finger painting with pudding, shaving cream (add food colouring), mud & water, yogurt, ketchup, mustard, & relish.

Add stuff like rice, sand, & raisins to change the textures of the paint.

No Cook Play Dough

1-1/2 cups flour
1/2 cup salt
1/2 cup water
1/4 cup of vegetable oil
food colouring (optional)

Mix flour & salt together. Then slowly add the water, oil, & a few drops of food colouring. Knead the dough & keep it in a closed container in the refrigerator.

Cook Play Dough

1-cup flour
1/2 cup salt
2 tsp. cream of tartar
1 cup of water
2 Tbsp. spoons of oil
1 tsp. food colouring

Combine the first 3 ingredients in a saucepan. Mix the oil & food colouring with water & stir into the flour mixture. Cook over medium heat stirring constantly until a ball forms. Remove from heat & knead until smooth. Store in covered container.

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1 box of cornstarch
1 1/2 to 2 cups of water

Add water to the cornstarch until it is semi-firm. Store covered in the refrigerator. As it becomes dry in storage and/or from handling, add water to soften it.

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