

## Recipes for Exploration and Eye-Hand Coordination Fun

Have fun exploring with your eyes and hands (and noses for some) by touching, grasping, pinching, rolling into balls and shapes, and making wonderful works of art – over and over again! Please send pictures when you can ☺ I miss you all!

### 1. Homemade Edible Finger Paints:

- \* 2 cups of corn starch
- \* 1 cup of cold water
- \* 4.5 cups of boiling water
- \* Liquid food coloring

Mix the corn starch with the cold water and stir together. Pour in the boiling water and stir between each cup. It goes really strange (you are basically mixing a hot oobleck goop) but keep stirring and it literally seems to "melt" into a wonderful, custard-like consistency. We then separated it into individual jam jars before adding coloring. Explore away ☺

### 2. Rainbow Spaghetti:

I cooked a small pot of spaghetti and drained it and tossed it in a couple of teaspoons of oil. I divided it into 5 bowls and added some liquid food coloring to each one, and stirred it through. Explore with hands and eyes to make works of art when left out to dry or seal in a container for fun in the next couple of days.

### 3. Sparkle Soap Mud:

We grated 3 bars of solid soap into a wonderful heap of scented shavings. Try and avoid your little ones from grabbing a fistful and eating it- apparently it doesn't taste as good as it looks! Then we tore up one toilet roll into lots of teeny-weeny pieces. This can become a fun game of "let's throw it all around the room like snow" although this last part is optional ;-). Then we moved outside (highly advised) and poured in nearly 2 jugs of quite warm water. We tried with luke warm water and it wasn't hot enough to melt the soap shavings. Experiment!

### 4. Cloud Dough or Moldable Sand:

5-cups of plain flour; 1 cup baby oil: Great with sparkles/glitter, too. Mix well together and PLAY!

### 5. Cooked Play Dough:

- \* 3 cups of water
- \* 3 cups of plain flour
- \* 1.5 cups of salt
- \* 3 tbsp of vegetable oil
- \* 2 tbsp of cream of tartar (or a big squeeze of lemon juice)
- \* few drops glycerin (for extra shine, stretch and smoothness-optional)
- \* Combine the ingredients in a pan and cook over a low heat, stirring frequently, until it starts to come away from the sides and forms a ball. Keep warming it until you feel it is dry enough then turn off the heat, and allow to cool a little. Put onto a surface and knead it until it becomes soft and a perfect consistency. If too sticky then add a little more flour. If too dry add a few drops of oil or a tablespoon of water at a time until it's right. Have fun making objects, animals, letters, etc. Store in sealed container and in the refrigerator for up to 3 weeks ☺

### 6. No-Cook Play Dough:

- \* 1 cup of salt
- \* 2 cups of plain flour
- \* 2 tbsp oil
- \* 2 tbsp cream of tartar
- \* 1.5 cups boiling water
- \* few drops of glycerin (for extra shine, stretch and smoothness- optional)
- \* Mix all of the ingredients together in a bowl then knead it until it becomes smooth - or add one

or more of the following.

Additional Ingredients:

- \* Food coloring or liquid paint – mix in the water before adding to dry ingredients
- \* Flavoring: peppermint/ strawberry/ coffee (a teaspoon of instant)/lemon/ orange/ vanilla/ herbs
- \* Texture: rice/ pasta/ rock salt/ couscous/ lentils/ sand/ coffee grounds/ tea leaves/ glitter/sequins

7. Salt Dough:

- \* 1 cup of flour
- \* 1 cup of salt
- \* half a cup of water
- \* Mix it together and knead it. Shape into your favorite animal, letter, design, etc.
- \*When ready to cook, put on a baking sheet in the oven at 200 F for 2-3 hours.
- \*When cool, paint or decorate and then varnish or cover with gloopy glue when dry.

8. No Mess Goo Mat:

Start with a gallon or larger zip lock bag and put hair gel in to make a sensory exploration mat – with or without objects in it – to increase reach to target along with grasp and pinch. It's also fun to use pudding that will stay for days when kept in the refrigerator - glitter and/or food coloring are always good options to add ☺