

Recipes for Sensory Activity Ideas

 	<p><u>Playdoh recipe:</u></p> <ul style="list-style-type: none"> • 2 cups of plain flour • 2 tablespoons of vegetable oil • Half a cup of salt • 2 tablespoons of cream of tartar • Up to one and a half cups of boiling water • Food colouring optional <p><u>Method</u></p> <p>Mix all the ingredients in a large bowl. Add the food colouring to the boiling water. Gradually add the water. Once the mixture is cool it is ready to use.</p> <p>Other recipes are available online – i.e. scented, edible.</p>
	<p><u>Slime Recipe:</u></p> <ul style="list-style-type: none"> • 2 cups of corn flour • Water • Food colouring (optional) <p><u>Method</u></p> <p>Add enough water and food colouring if using to the corn flour to create a firm consistency.</p> <p>Other variations available online i.e. fluffy, glitter, scented</p>
	<p><u>Calming Sensory Bottle:</u></p> <ul style="list-style-type: none"> • Add warm water to your jar or bottle until it reaches around a third of the way up. • Add the glitter glue and stir until it combined with the water. • Add around 3 drops of food colour and stir. ... • Pour in the glitter! ... • Top up your jar with the rest of the warm water, until it is almost full
	<p>See www.mencap.org.uk sensory stories for ideas on how to adapt your story using props.</p>

The playdoh is advertised as edible however please be aware when working with your child. Children should not be left unsupervised.