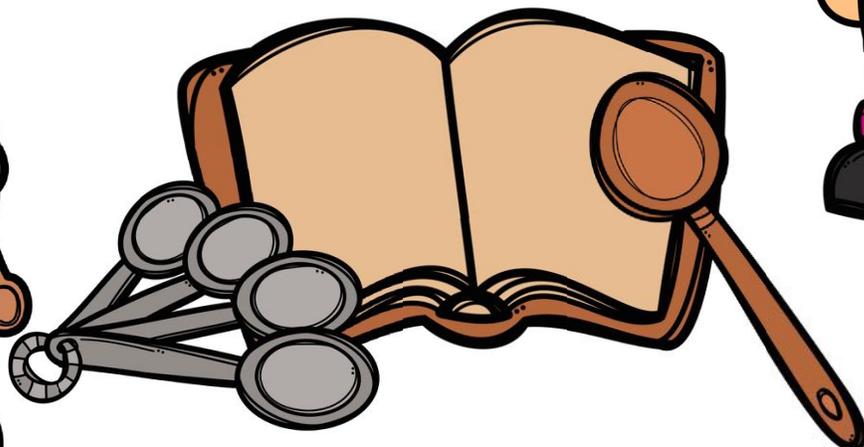


Sensory



RECIPES



Graphics by Krista Wallden
<http://www.teacherspayteachers.com/Store/krista-wallden>

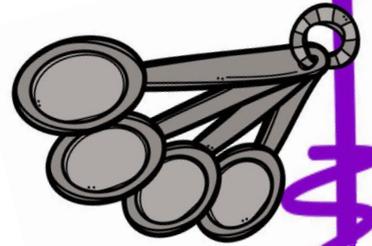
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Fun Finger Paint

You Will Need:

- ✓ ½ cup of liquid hand soap (clear or white)
- ✓ 1 teaspoon of cornstarch
- ✓ Food coloring is optional (lighter colors are easier to wash off)
- ✓ Small bowl

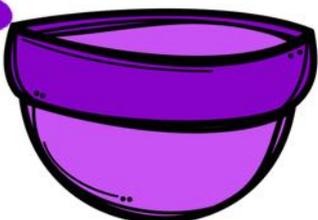


Directions:

1. Combine the soap and cornstarch in a small bowl.
2. To make several colors you can divide the mixture into small containers.
3. Add food coloring one drop at a time.

Fun Tips:

- ☺ Allow child to use his/her fingers to create beautiful artwork.
- ☺ Some children may need to start by using just the tip of one finger until they are comfortable.
- ☺ Other children may need to use a paint brush or sponge until they can tolerate the touch of finger paint on their fingers/hands.



Puffy Paint



You Will Need:

- ✓ 1 cup white shaving cream
- ✓ ½ cup white liquid glue
- ✓ Small bowl
- ✓ Food Coloring (optional)
- ✓ Paper to be painted



Directions:

1. Mix the shaving cream and glue together in a bowl.
2. If the mixture appears too “thin”, add more glue to make it “stiffer”.
3. Once painted, projects will require several hours to dry.

Fun Tips:

- ☺ Some children may initially resist mixing the ingredients with their fingers.
- ☺ Allow them to use a spoon until he or she develops a tolerance.
- ☺ Some children may need to apply the mixture with a paint brush.
- ☺ Gently entice your child to use the mixture as finger paint.
- ☺ When dry the paint will have an elevated or puffy appearance.
- ☺ This paint may be used for many projects such as Santa’s beard (Christmas), ghosts (Halloween), and Penguins (winter).

Oatmeal Clay



You Will Need:

- ✓ 1 cup of rolled oats (instant or old fashioned)
- ✓ 2/3 cup of all-purpose flour
- ✓ ½ cup water
- ✓ Food coloring may be added to the water if colored clay is desired.
- ✓ Large bowl

Directions:

1. Combine all the ingredients into a large bowl. Stir until a lump is formed. You may need to add flour if necessary.
2. Knead the dough on a floured surface. Continue to knead until the dough is no longer sticky.

Fun Tips:

- ☺ The clay can be used to make creative 3 dimensional objects.
- ☺ You can provide simple objects for your child to imitate or provide hints about things they can create.
- ☺ This type of clay provides resistance to help strengthen hands and your child's imagination!
- ☺ The clay projects will require up to 24 hours to air dry.
- ☺ Store left over clay in the refrigerator in a sealed plastic container or bag. Un-used clay will last up to 3 hours.



You Will Need:

- ✓ 2 cups corn starch
- ✓ 4 cup water
- ✓ Food coloring (optional)
- ✓ 1 large pan (about 10x12 inches with elevated sides)

Directions:

1. Pour corn starch into the pan.
2. Slowly add the water.
3. Squeeze and knead the mixture as water is very slowly added.

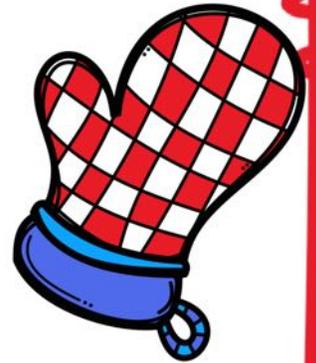
Fun Tips:

- ☺ This tactile mixture fascinates young children.
- ☺ It crumbles when you try to pick it up, but once in your hand it "melts" out.
- ☺ This activity can get messy; have protection for the clothing and the play area.

Holiday Cinnamon Shapes

You Will Need:

- ✓ Bowl
- ✓ 1 cup of cinnamon
- ✓ ¼ cup water
- ✓ ¼ cup white glue
- ✓ Oven & Oven Mitts
- ✓ Rolling pin
- ✓ Cookie sheet
- ✓ Cookie cutters



Directions:

1. Pre-heat the oven to 200 degrees.
2. Mix the cinnamon, water, and glue together in a large bowl.
3. Add a little more water if mixture seems too dry.
4. Knead into a ball.
5. Roll out dough with the rolling pin.
6. Use cookie cutters to make festive shapes.
7. Carefully place the dough shapes on a cookie sheet to bake.
8. Turn the shapes every 10 minutes until they are firm.

Fun Tips:

- ☺ The dough makes great hanging holiday ornaments. Simply use a straw to punch a hole at the top before baking. Lace a string/ribbon through the hole and tie a loop. Your child can decorate with small beads, glitter, etc.
- ☺ This recipe provides intense olfactory (smell) and tactile (touch) experiences.
- ☺ Your child can make these as gifts for friends and family.