

Sensory Recipe Book

Research shows that **sensory** play builds nerve connections in the brain's pathways, which lead to the child's ability to complete more complex learning tasks. **Sensory** play supports language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction.

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These experiences are fun, and yes **MESSY!** Make sure you have the correct space, clothing and watchful eyes during these experiences. Adult Supervision is required for all activities.

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Have fun and enjoy making memories for you and your child!

Jell-O Playdough

Ingredients

1 c all-purpose flour
2 Tbsp salt
2 Tbsp cream of tartar
1 c water
2 Tbsp vegetable oil
13 oz package of Jell-O (color and flavor of your choice)



Directions

1. First, mix all your ingredients in a medium saucepan.
2. Mix in your Jell-O and watch it turn a bright color! It will start smelling great.
3. In about 2 minutes it will also start slowly thickening and clumping together... Cook for about 6 minutes or so; until it is in a ball and there aren't any wet areas left.
4. Once it's done, take it out and plop in on some waxed paper to cool.
5. Once it's cool, you may want to knead it with a little flour if it seems sticky. I had to do this with a few of the colors that I made, and some not.

Fluffy Slime



Ingredients

2/3 cup of white school glue

1/2 teaspoon Baking Soda

1/4 Cup Water

2-3 cups Shaving Cream – note: do not use shave gel.

1.5 Tablespoons Contact Lens Solution *Important: your brand of contact lens solution must have boric acid and sodium borate in the ingredient list. This is what interacts with the glue to form the slime. We recommend only using Renu fresh or Equate brand. Do not substitute with other brands.

Instructions

1. Add your white glue to a bowl.
2. Add you water and baking soda and then mix.
3. Add your shaving cream and mix.
4. Add your food coloring until you are satisfied with the color. Mix.
5. Now slowly add in your contact solution.
6. Knead until fluffy and NOT sticky

Mud! – Ooblek



Ingredients

1 part water

1.5 to 2 parts cornstarch

Small amount of food coloring (optional)

Directions

1. Start with the water in a bowl (or wading pool!) and add the cornstarch a bit at a time.
2. Keep stirring until it has a gooey consistency. You may want to use your hands.
3. When the ooblek is just right, slowly add food coloring, if you want. This can be a challenge to get it mixed properly.
4. Play with it!

Jell-O, Baking Soda, Vinegar Fizz

Ingredients

3/4 cup baking soda
2 tablespoons Jell-O powder
1/4 cup water
Food coloring (optional)
Vinegar (eye dropper, squeeze bottle)
Ice Cube Tray



Instructions

1. First, combine the baking soda and Jell-O powder in a bowl, and then add the water and mix.
2. To make the colors brighter, add a few drops of food coloring or liquid watercolors to the water before pouring it in.
3. You will have a somewhat **pasty** mixture, so don't be alarmed that it's not a liquid. If it's too thin it won't set correctly.
4. Then use a spoon to add the mixture to the ice cube tray. I found that the above recipe gave me enough to fill one ice cube tray per color.
5. Place the ice cube trays in the freezer for 5 hours
6. Now it's time to bring on the condiment bottles and eye droppers filled with vinegar! Let the children pour and squeeze as they sit fit.

Gluten-Free Moon Sand

Ingredients

3/4 cup baking powder or soda
3/4 cup gluten free corn starch
1 cup oil- added 1/4 cup at a time to get to your preferred texture
Food coloring

Instructions

1. Mix cornstarch and baking soda in a large bowl.
2. Add oil in a quarter cup at a time, stir vigorously.
3. Mixture will start to turn into moldable clay. If you like it squishier, add a little more oil. For a silky texture that doesn't stick to your hands, a little less oil.
4. Play with it as you go to find a texture you like.
5. Stir in food coloring and set out to play!



Snow Dough

Ingredients

1/4 cup of unscented conditioner (per child)
1 1/2 cup of baking soda
Mixing bowl
Old vinyl table cloth
Flat pan or plastic bin (with sides)
Sealing container for storage (optional)



Instruction

1. Measure 1/4 cup of unscented conditioner and 1 1/2 cups of baking soda into a mixing bowl and thoroughly mix the ingredients. Make sure that all baking soda touches the conditioner so that it takes away the extra “poof” of the baking soda.
2. Spread out an old vinyl tablecloth or sheet on a wood, linoleum or tile floor. Avoid using on the carpet if possible.
3. Transfer the fake snow into a flat container or bin to contain most of the mess.
4. Enjoy squishing, squeezing and building with your fake snow! You can build a mini snowman or snow fort and play with it for hours!
5. Cleanup is easy. When the kids are done playing with the fake snow, you can either throw the batch away in the trash or transfer it to a sealed container for another day!

Hair Gel Bags

Ingredients

Sandwich bags
Food coloring
Clear (or any color) hair gel
Packing tape

Instructions

1. Squirt some hair gel into some sandwich bags and added a few drops of food coloring.
2. Then you let out all the extra air and zip it shut.
3. Taped them up to a window The sun will look so cool shining through the colors!
4. Children can write letters on them, squish them, put his hand prints in them



Foam Bubbles

Ingredients

2 Tbsp of dish soap

1/4 cup water

Container for Sensory experience

Instructions

1. In a bowl, add 2 Tbsp of dish soap and 1/4 cup of water. Add food coloring
2. Whisk together quickly or use an egg beater on the highest setting for 1-2 minutes



DIY Sensory Bottles

Ingredients

Empty plastic drink bottle

Clear Glue

Desired inside materials

(ex. Glitter, pom poms, beads, etc.)

Instructions

1. Fill plastic container 1/2 full of clear glue
2. Put desired inside materials inside
3. Fill rest of container with hot water
4. Secure cap for plastic container
5. Shake as much as necessary to ensure the sensory bottle falls



