

We hope you have enjoyed this leaflet . We invite you to make any donations towards our water area as we are encouraging children to love the world around them. Many thanks.



If I have used any images that infringe copyright in my desire to help parents and children I apologise . We do not charge for these leaflets and should we have offended in any way please get in touch with school.

Many thanks .



Sunningdale School
Shaftoe Rd.
Sunderland
SR3 4HA
Tel: (0191) 553 5880



Recipes



If dough is crumblyadd more oil

If dough is stickyadd more flour

Add food colouring with the water or oil as its easier to mix into the dough!

For storage wrap in cling film an airtight plastic box or a ziplock bag . You can make dough without cream of tartar it just doesn't last as long .

Ingredients are far far cheaper online than in supermarkets as you can buy them by bulk !



Cream of tartar is an acid acting as a stabiliser, you can replace it with 1/4 tsp lemon juice or white vinegar for each 1/8 of cream of tartar . If, after a while it goes sticky in a tub just add more flour .

Story dough Link to stories like the 3 bears , or Ginger bread man by making dough and adding Ginger and spices .

Porridge oats play dough 2 cups plain flour, 1 cup salt, 2 tablespoons oil, 2 table spoons cream of tartar, 2 cups of boiling water, 1-2 cups of porridge oats . Mix all the dry ingredients. Add oil and stir. Add a cup of water at a time stirring . When cool if it's sticky add more oats as needed .

Bath splash ..mix coloured powder paint (or the street chalk recipe crushed up in a bag to make powder) . Fill the bath with bubbles then sprinkle on the paint from salt and pepper or flour shakers .



Silly sludge (acts like silly putty and will get print off a newspaper!) 1/4 cup glue, 1/4 cup water and 1/4 cup hot water 1/2 teaspoon borax. Mix glue, water and food colour. In another bowl mix hot water and borax and then combine them.

Lots of the recipes included in this booklet are American and use 'Kool aid'. That is a powder form of non alcoholic drink in different flavours . You can buy it here and get it online but I find that experimenting with other flavours, colours, jelly crystals or juice powders works just as well . I've written 'kool aid' but you can substitute this !

DON'T LET CHILDREN EAT any of THIS STUFF (except edible recipes)

Please play with them don't just leave them to it!

Soap flakes used to be sold in Boots (I think they still do, Asda and Sainsburys don't.)

I think you can get ' Borax ' in Boots and Wilkinson's , Tesco own brand in the washing powder aisle, if not online . It's not sodium carbonate its sodium tetraborate you look for on the label.





Edible finger paint

You need : 2 cups of corn flour, 1 cup of cold water, 4 and a half cups of boiling water, liquid food colouring .

Mix the corn flour with cold water and stir together , pour in the boiling water and stir between each cup. It should melt into a sort of custard . Separate into little plastic tubs and add food colouring.

If it is too runny add more corn flour, or mix it in a pan on a little heat not just in a bowl



Salt dough

Use what is shown or 1 cup salt, 2 cups flour, 3/4 cup room temperature water , 1 tbsp of vegetable oil.

Bake at 200f for several hours until dried through-out then paint . Can also add glitter to the dough .





White clay 1/2 cup of corn flour, 1 cup of baking soda, 3/4 cup of water. Bake slowly at 175f.



Ice cream 2tbl sugar, 1 cup cream, vanilla extract drop, 1/2 cup salt, big ziplock bag, little ziplock bag.

Put sugar, cream and extract in the smaller bag. Put ice in the big bag with salt, put little bag (sealed) into the big bag shake for 5 to 10 minutes and you'll get ice cream!

Clean mud

Grate soap up, and shred toilet paper. Leave to soak over night, next day its malleable.

Or baking soda and water (like the snow)



No cook play dough

You need : 2 cups of flour, one cup of salt, 2 table spoons of cream of tartar, 2 tbsps of oil, 1 1/2 to 2 cups of boiling water, food colouring.

Mix all the dry things together then add oil. Pour in water an adult to knead. Add glycerine to make it stretchy and shiny if you want to, food colours, or smells.



Coloured sand You need sand and food colourings. You can add dry food colour to dry or wet sand and wet food colouring to dry or wet sand. All are different for children. They experience different tactile qualities and different proprioceptive feedback as wet sand is far harder to stir colouring into than dry!



Watermelon whip

Shaving cream, red food colour, tiny bits of foam or real seeds, watermelon 'kool aid'.

Mix them all together and let them paint ... Bathtubs are great places to play with this paint!



Watermelon dough

You need :

Baking soda, water, one packet 'kool aid' watermelon flavour, seeds

Mix the baking soda and 'kool aid' slowly add a little water at a time. Mix in the seeds to add texture .

Potato paint potato flakes (like smash) and warm water and food colouring! Doesn't matter if they lick it!



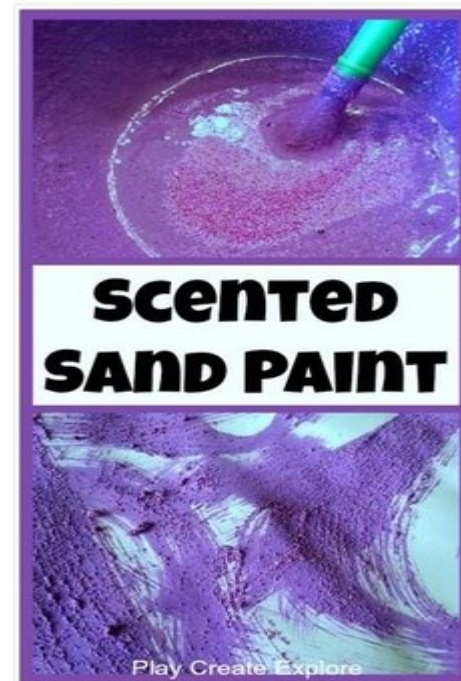
Textured paint

Go on a walk and collect things from nature . Then make paint from 2 cups of flour, 1 cup of water, 1 cup of dish soap . Combine in a bowl until no lumps add food colouring and the things you have collected .



Cloud/moon dough

Flour and baby oil (I have read can add coconut oil, cooking oil



Mix purple 'kool aid' packet with purple sand and purple paint (you can use any colours) the 'kool aid' gives it its strong smell and the sand adds texture to the paint which makes it more interesting and tactile for finger painting!



Cool whip You need :
Cool whip food
colouring, wax paper
Put the cool whip into
blobs in a baking tray .
Add one or two blobs of
colour to each. Put wax
paper down (it's messy!)
and paint away or do it
outside!



Puffy paint ... One cup of flour, one cup of salt, one
cup of water, dash of food colouring or liquid paint .
Put in old food 'squeezy' bottles or pound shop
'squeezy' bottles !



Peanut butter dough 1
cup peanut butter, 2
cups of sugar, 1/2 cup
honey .(great for fine
motor skills and hand
strengthening)



Icy paint ..salt and glue

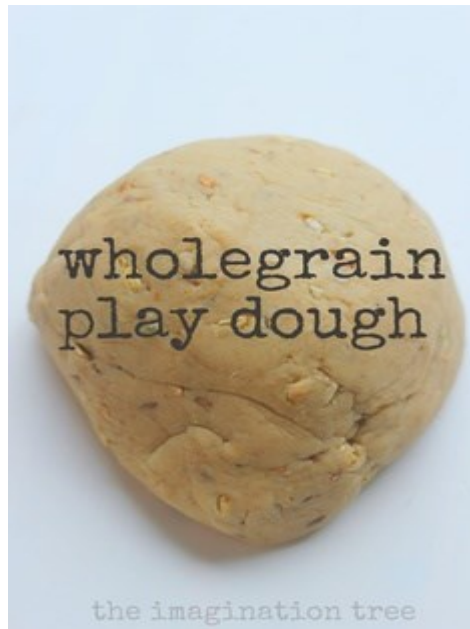


Smelly dough use food
flavourings and colours, al-
so natural flavours like lem-
on juice and rind





Interesting dough ..
make play dough and add lavender, orange peel , grains, seeds, glitter, jelly powders in different colours and smells



Fantastic plastic

You need : 4 ounces of milk, 1 teaspoon of vinegar, a small pan, a clean jar .

Heat the milk until it curdles and is lumpy, pour off any remaining liquid. Put the lumps in a jar with the vinegar and leave for an hour. It will go all rubbery. Shape into a ball and leave on a paper towel for a few hours until goes all plastic !

Soap dough You need: a bar of soap, a microwave, food colouring and shaving cream. Now put the soap in an open dish in the microwave , when it puffs up (be careful it's hot!) add food colouring and then add shaving foam ... Good to go!



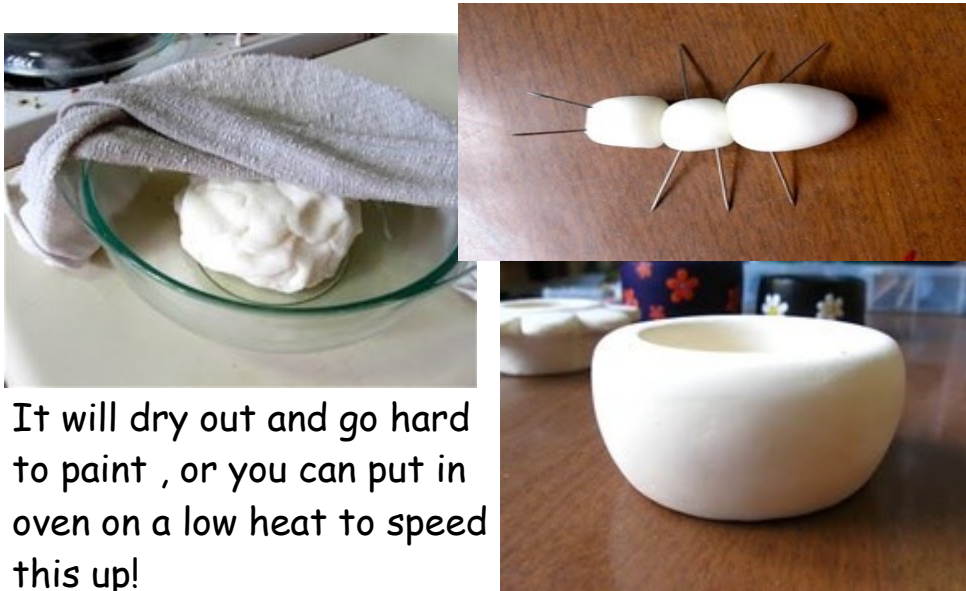
Sensory Soap Dough Recipe





Model magic You need : 2 cups baking soda, 1 cup of corn starch, 1 1/2 cups of cold water.

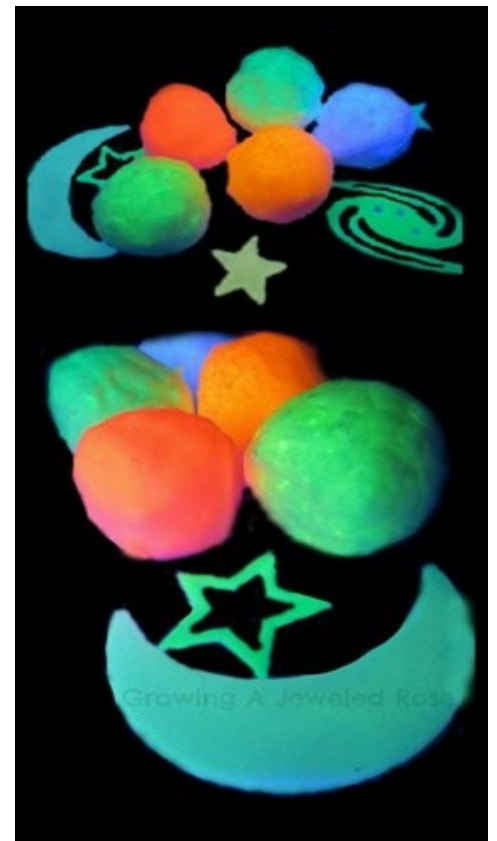
Combine them all in a pan, stir till smooth. Stir over heat until it boils. Sit pan a bit off heat until it goes like mash potato keep stirring so doesn't burn. Pour into a large bowl. Put a damp cold paper towel over the bowl and let it cool. Once cool knead over corn starch surface until pliable . Keep a damp kitchen towel over it and it will keep for a few weeks !



It will dry out and go hard to paint , or you can put in oven on a low heat to speed this up!

Glow dough You need fluorescent (glow in the dark) paint, baking soda and water. Mix the paint into the water and slowly add it to the baking soda.

Glow water ...just add fluorescent paint to hot water, (the hotter the water the faster the paint mixes in) BUY FLOURESCENT PAINT DESIGNED FOR CHILDREN SO ITS SAFE !





Magic rocks ..You need :
baking soda, vinegar, water, food colouring,
glitter, little treasures. Mix food colour to baking
soda, slowly add water mixing in between. (don't
add too much or it won't mould) roll into balls and
hide treasures inside. Cover in glitter . Leave to
dry then hide in rice, soil, straw, outside etc. for
children to find!



Soap crayons

You need : 1 cup Lux soap
flakes, food colouring,
tablespoon of hot water .
Put them all in a bowl and
mix until soap flakes have
melted to make paste,
squeeze into any shapes
you like , leave to dry 2
days then draw! (the
more food colour the
better!)



Another method is to use
glycerine soap , food col-
ouring and essential oils.
Microwave the soap until
melted then add colour
and smells put in a mould
e.g. ice cube or lolly
mould.





You need : a screen or net curtain stretched over an old picture frame or sewing ring . Big tub, J cloth, water, old paper (magazines that are shiny are hard) blender, seeds if you want .



Rip the paper up into little pieces and put to soak in a big tub of water



Put this mush into a blender and run on a low speed .



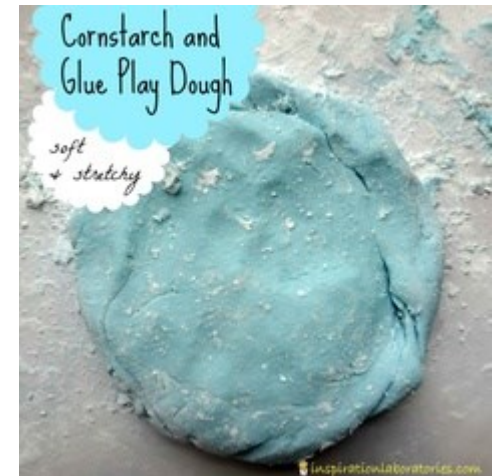
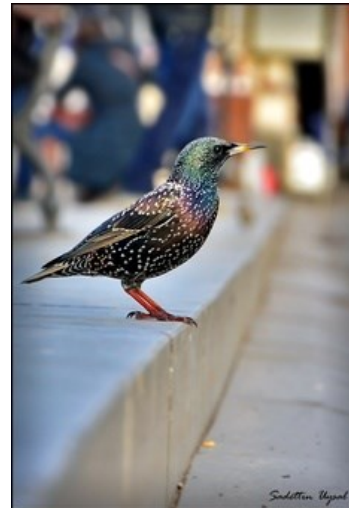
MAKE PAPER
WITH KIDS



Cornstarch and glue play dough

1/2 cup of 'Marvin'/PVA glue, 1/4 cup of corn flour, food colouring , 3/4 cup of warm water .

Mix the glue and corn flour, stir in the warm water . Add food colouring. Let it stand for 5 minutes. Put in a pan over a low heat and keep stirring. Allow to cool. If sticky use corn flour to roll it out onto.



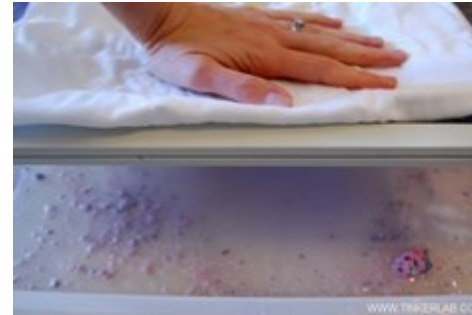
Fairy dust baby powder (or fine flower if worried) glitter ... Use lots of colours! Make funnels from paper, provide spoons and bottles let them create own magical fairy dust ... Can also use flour/salt and pepper shakers!



Bath salts You need a box of Epsom salts (Asda sell them Sainsburys don't) or you can use rock salt, food colouring, aromatherapy oils or cake flavourings. Just mix together and let it dry out .



Get the pulp from the blender and spread onto the screen. Squeeze out the water out into the tub.



A cloth just helps to soak up the water . Flip it over if you can to squeeze both sides.



Take the cloth and paper out to dry in the sun , the thicker it is the longer it takes to dry



Use the paper to make home made crafts, pictures, plant pots and so on!





Sand dough 4 cups of sifted sand, 2 cups corn-flour, 3 cups of hot water, spoon and pan.

Mix it all together over a low heat and stir until it starts to pull away from the sides. Pour it onto a tray or wax paper. Knead it as cooling. Can be stored but hardens into models once shaped if left out.

Gluten free play dough

1/2 cup rice flour, 1/2 cup corn starch or arrow root, 1/2 cup salt, 2 tsp cream tartar, 1 cup water 2 tbsp oil. You can also use tapioca or potato starch in place of corn starch.



Slime ...You need : 2 cups of clear children's glue, 2 cups hot water, 1 teaspoon of borax, 1 and 1/3 cups warm water,



Add the borax to the hot water and stir well. Add food colouring if wish.

In a different bowl put the glue, 1 1/3 cups of warm water. Mix each bowl up then add them together and mix for several minutes.



Glitter gloop

You need ...1 part water to two parts corn flour. Add glitter, colours and smells, to make it more interesting!



Fizzy paint You need: corn flour, baking soda, food colours, water, vinegar, a spray bottle . Mix one part corn flour to two parts baking soda. (more baking soda makes more fizz) slowly add water. The less water the thicker the paint .



Microwave puffy paint

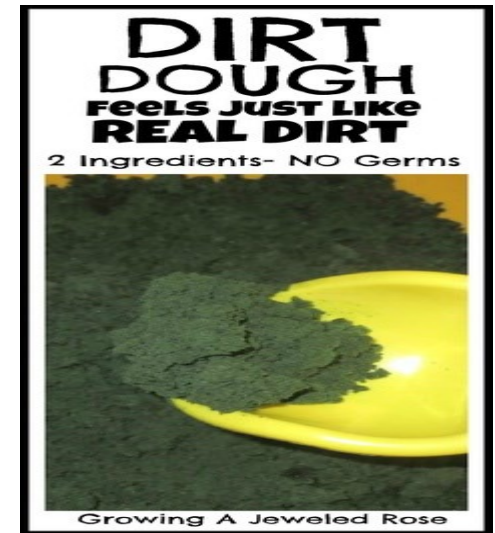
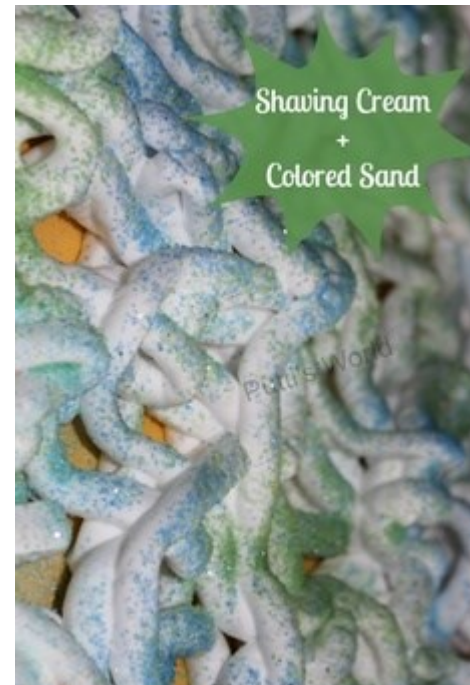
1 tablespoon self raising flour, 1 tablespoon salt, food colouring, water. Make a paste paint (ear buds are good as brushes) Cook in the microwave about 30 seconds until the paint puffs up!



Magic mud

Soil and dirt, water, baking soda, powder paint .

Just get your soil and after playing with it for mud pies etc add the rest of the things and by magic it changes!



Real dirt

Baking soda, black food colouring, water , good in the bath as baking soda dissolves in water!



Coloured foam

To add texture to shaving foam use polystyrene, sand, spices, seeds, chopped nuts etc To add colour use crushed chalk or powder paints



Silly putty, liquid starch and PVA glue like 'Marvin' just add any quantities to get it how you like it! The more you play with it the more it turns like putty . You can add more starch if to sticky and more glue if too slimy. It washes out of clothes. It does store in an airtight tub!



Play dough You need : 1 cup white flour, 1 cup warm water, 2tbsp salt, 2tbsp cream tartar, 2tbsp cooking oil, 1 3oz pack of 'jello' . (crystal jelly mix) Mix it all up in a pan over low heat , stir until it thickens into a ball. It is ready when you can't stir anymore. Turn out onto a floured board let cool then knead. Add food colour, glitter, smells etc. whatever takes your fancy!



Flubber You need : 3/4 cup of cold water, 1 cup of 'elmers' glue (marvin/PVA) liquid food colouring, 1/2 cup of hot water, 1 teaspoon of borax.

Mix cold water, glue and food colouring and leave to stand. In a new bowl mix hot water and borax until it has dissolved. Slowly add the glue mix to the borax mix and pour off any excess water. (don't let it dry on carpets or you'll never get it out)



Slippery Slime

Just use 'Lux' soap flakes, water and food colouring!



Bath snow

You need baking soda and water. Mix them very slowly so it doesn't get too wet and then put it in the fridge for half an hour ... Its got the texture of real snow!



Paper dough , 2 toilet rolls, bar of soap grated, warm water,



Tear up paper, add grated soap and warm water !



1 cup of CLEAR glue
+
1 cup of liquid starch.
Separate in small bowls
and add food coloring...



Making her slime...



All ready to go!



Stretchy



Eeeeeeeew



I squish it!



SQUEEEEEZE!



Deep in thought...



The Crafty Classroom



The Crafty Classroom



The Crafty Classroom



The Crafty Classroom



The Crafty Classroom



The Crafty Classroom



The Crafty Classroom

Paper clay

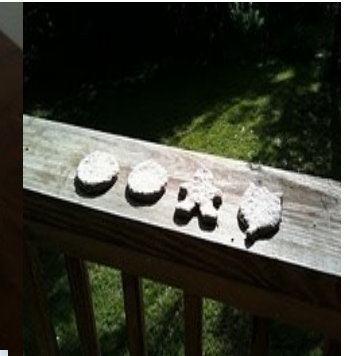
2 cups of toilet paper , 3/4 cup flour, a little vegetable oil, 3/4 cup white glue, 1 cup joint compound

Soak toilet rolls, when wet remove tube and pull into pieces. Add all ingredients and put in blender

An easier version is to tear up paper mix with warm water and blend, for flat things !



Sawdust dough 1 cup sifted sawdust , 1/2 cup flour, 1 tbs liquid starch, 1 cup water . Mix all in a bowl adding more water if to dry. Allow what you make to dry outside for a few days .. You can use sand paper on the edges to shape perfectly ! Make a hole in them when wet if you want to hang them

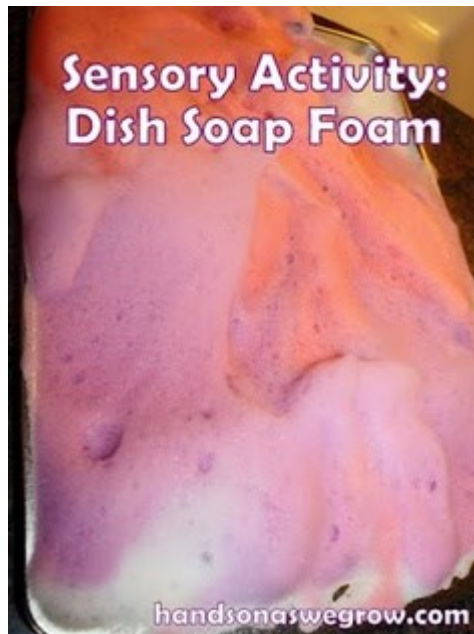




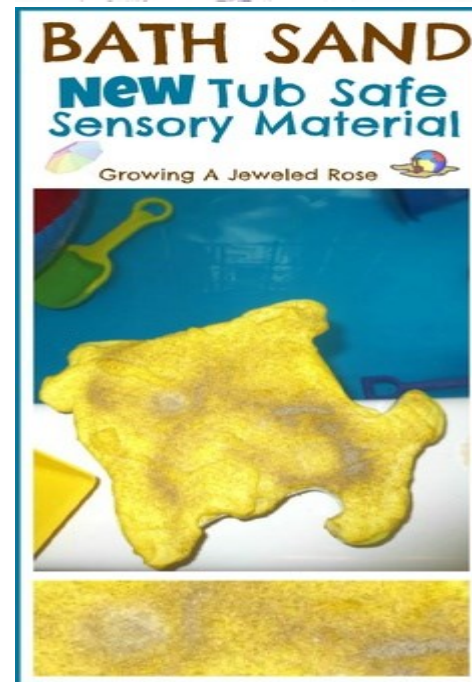
Pizza dough One cup of Greek yoghurt and one cup of self raising flour ...add any toppings and create your own pizzas!



Foam Just put washing up liquid in a blender or with a whisk!



Freezer goo corn flour, water, food colours, ice cube trays . Slowly add water to corn flour, then pour into ice cube trays and freeze.



Bath sand

Use shaving cream, food colouring and bath salts . If you are worried about chemicals in shaving cream and bath salts on sensitive skin use whipped cream and spices



SOAPY PUDDLE

Freezy paint shaving cream and food colouring .. You can add ice cubes or 'kool aid' type crystals for smells and flavours or use natural things like lavender ! (if the child eats things use whipped cream not shaving cream!) put in the freezer !



Freezer dough you make it as above but add cocoa, red colour and strawberry jelly crystals, vanilla extract and put in tubs ..use real ice cream scoops etc for role play !



Bubble dough 1 cup corn flour, 1/2 cup washing up liquid or liquid soap . Starts sticky but gets better . If too sticky add more corn flour if too crumbly add more soap. To clean up roll bits up with the ball, wipe table with dry cloth before a wet one Keeps in a container, can use it as soap!



Pour glue and colour in a dish ... Then add the starch slowly !



Home made Gak

Lots of things act like liquid until pressure is applied, then they can become stretchy! (polymers is the scientific name!)

I cup of glue ('elmers' is used in America but Marvin/PVA is the same), food colouring and liquid starch (from washing isle of supermarket)

