

# Let's get messy

## Sensory Recipe Book

A helpful recipe book to encourage the ability to play and explore.



# Curiosity, Imagination, Exploration

# Why messy play?

Welcome to a very helpful recipe book to aid in messy play at home. I hope this book can help and support your children to be curious, imaginative and give them the ability to explore.

## Benefits of sensory messy play

- ♦ It fosters curiosity, imagination and exploration.
- ♦ It encourages communication and language development.
- ♦ It practices good concentration and nurtures future skills.
- ♦ It promotes elements of physical development.
- ♦ It can support the ability to play independently.
- ♦ It promotes positive touch and social interaction through hand over hand interaction.
- ♦ It provides exciting tactile experiences.
- ♦ It develops fine and gross motor skills and problem solving.
- ♦ Utilises and stimulates their five senses.



# Recipes in this booklet

1. Moon sand/Chocolate moon sand
2. Salt dough
3. Scented Playdough
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# Moon sand

**Preparation time: 5 minutes**

## Ingredients:

- 8 cups of all purpose flour
- 1 cup of baby oil
- Essential oils (if you wish)
- Food colouring (if you wish)

## Equipment:

- Mixing bowl
- Wooden spoon
- Cups

## Method:

- Combine all the ingredients into the mixing bowl.
- Using a blender or a spoon mix the ingredients well. Make sure it is all mixed well together.
- You can add scents to it like essential oils , spices or cocoa powder if you wish.
- Put the mixture into a tray or large container for children to play with freely.
- You can put in measuring cups, spoons, straws and other items to make it more of a sensory experience. You can explore capacity though filling and emptying.



# Salt dough

**Preparation time: 10-15 minutes**

## Ingredients:

- 1 cup of salt
- 2 cups of all purpose flour
- 1 cup of warm water
- Food colouring (optional)



## Equipment:

- Mixing bowl
- Wooden spoon
- Rolling pin
- Cutters
- Paints
- cups



## Method:

- First, combine the flour and salt
- Add your water and stir until a dough is formed
- Knead the dough for about 5 minutes until smooth. Let the children help out with the kneading. It is good for their physical development,
- From here you can roll out the dough to preferred thickness or mould into what you want to make. You could make ornaments, hand prints, dinosaur fossils, foot ornaments etc.
- Let your creation air dry or bake at 200 degrees for 2-3 hours.
- Once dry you can paint your creation.

# Scented playdough

Preparation time: 15 minutes

## Ingredients:

- 2 cups of all purpose flour
- 2 tablespoons of oil
- 2 tablespoons of cream of tartar
- 1/2 cup of Epsom salts
- Essential oil/flavouring of choice
- Food colouring of choice
- Cup of boiling water
- Dried herbs or glitter if wanted

## Equipment:

- Mixing bowl
- Kettle
- Cups
- Spoons
- Tupperware container

## Method:

- Pour the boiling water over the salts until they dissolve
- Mix in the flour, oil, cream of tartar in a separate bowl
- Next, pour in the salt water mixture then combine.
- Add the essential oils or flavouring of choice- about 5-10 drops.
- Mix well. You may need to add more flour or water depending on the consistency.
- Add a few drops of preferred food colouring and mix again.
- Put the mixture onto the worktop and knead until it forms playdough. Children can help with this process. You could at this stage add glitter or dried herbs to make it more of a sensory experience.
- Store your scented playdough in an air tight container.

**ESSENTIAL OILS ARE A GREAT WAY TO CALM CHILDREN AND REDUCE ANXIETY.**



# Fluffy cloud dough

Let's get moulding,  
shaping, squeezing  
and rolling!

NO COOKING  
REQUIRED

Preparation time: 5 Minutes

## Ingredients:

- 1 cup of hair conditioner
- 2-3 cups of cornflour
- Food colouring (optional)

## Equipment:

- Mixing bowl
- Cups
- spoon

## Method:

- Put the conditioner into a mixing bowl with 2 cups of cornflour and mix until well combined. If the mixture is sticky add some of the remaining cornflour until it forms a playdough like consistency.
- You can add food colouring to add more variety but just a few drops.
- Store the cloud dough in an air tight container.



# Slime/Flubber

Preparation time: 10-15 Minutes

## Ingredients:

- PVA glue
- Glitter
- Contact lens solution
- Shaving foam



## Equipment:

- A large mixing bowl
- Wooden spoon



## Method:

- Put one cup of glue into a mixing bowl
- Add in 2 cups of shaving foam, don't worry too much about being exact.
- Add one tablespoon of contact lens solution and then give it a good stir. Once stirred add in one more tablespoon of contact lens solution. It should mix to form a ball.
- Pick up the slime and knead it together.
- You can add glitter or food colouring to make different coloured slime.

Use your slime to develop fine motor skills through stretching, pinching, popping, pulling and squeezing.



# Coloured salt

Preparation time: 10 Minutes

Needs time to dry before use

## Ingredients:

- Regular table salt
- Different coloured paints

## Equipment:

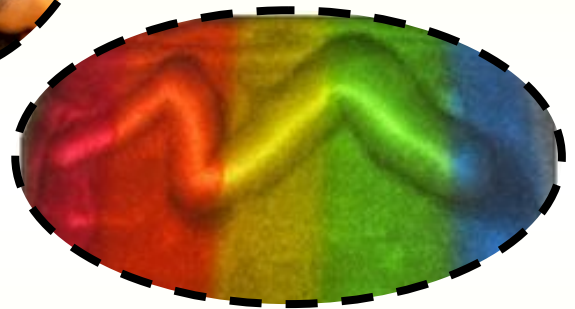
- Mixing bowl
- Wooden spoon

## Method:

- Empty the table salt into a large bowl or into smaller bowls if making a variety of colours.
- Squirt in a small amount of paint into each bowl. Stir thoroughly.
- Leave the salt to dry before use.



Pre writing skills can be developed here!



Use the dried coloured salt to practice your mark making with your pointy finger.



# Rainbow Rice

**Preparation time: 10 Minutes**

**Needs time to dry before use**

## Ingredients:

- Regular cooking rice
- Different coloured paints or food colouring



## Equipment:

- Mixing bowls
- Wooden spoon



## Method:

- Empty the rice into a large bowl or into smaller bowls if making a variety of colours.
- Squirt in a small amount of paint or food colouring into each bowl. Stir thoroughly.
- Leave the salt to dry before use.
- Get children involved to choose the colours that they want.



Encourage sense of touch by manipulating the rice during play.

Can they use their pincer grip to pinch grains of rice?

# Sand foam

Preparation time: 5 Minutes

## Ingredients:

- 3 cups of Play sand
- 200ml of Shaving foam

## Equipment:

- Large bowl or tray

## Method:

- Add 3 cups of play sand to your tray or bowl.
  - Gradually add the shaving foam mixing with hands.
  - Keep adding shaving foam until desired consistency is made.
- ⇒ You could add some dinosaurs, cars or small toys to the mixture to make the sand foam more imaginative.
- ⇒ You could add some shells to make a beach theme activity.
- ⇒ Hide plastic numbers or letters in the foam to play a game of hide and seek. This would support recognition of both letters and numbers.
- ⇒ Use descriptive language to describe how the sand foam feels- sticky, soft, rough, wet, fluffy, gritty etc.
- ⇒ You can use the sand foam for mark making, letter and number formation. Can they write their name in the sand foam?



A great resource  
for language role  
play and story  
telling.

# Oobleck

**Preparation time: 5 Minutes**

**Ingredients:**

- 2 cups of water
- 3 to 4 cups of cornflour
- Food colouring (optional)

**Equipment:**

- Bowl
- Deep tray

**Method:**

- Start with the water in a deep mixing bowl.
- Add in the cornflour one cup at a time, stirring after each cupful added.
- Stir the mixture until it forms a goey consistency. You might find it easier to use your hands. The children can get involved here.
- Drop some food colouring randomly on the white mixture. The children can use their hands to watch the colours mix together.
- This mixture is both a liquid and a solid. Have fun exploring the material.



A great science  
experiment exploring  
solids and liquids.



# Rainbow Worms

Preparation time: 10- 20 Minutes

## Ingredients:

- Cooked spaghetti or noodles
- Food colouring or paint

## Equipment:

- Saucepan
- Wooden spoons
- Deep tray
- Mixing bowls

## Method:

- Firstly cook off the pasta spaghetti or noodles and then rinse under cold water.
- Divide the pasta or noodles into zip lock bags, storage containers or bowls.
- Add several drops of food colouring or paint to each bag. There are 7 colours of the rainbow.
- Let the children squish the colour around the bowls or bags until the spaghetti is coated in colour.
- Now play can begin. You can mix the coloured worms together in one big bowl or use them separately.
- Try painting with your rainbow noodles.
- Use your hands to mix, stir, squash and thrown the pasta.
- You could even practice your cutting skills to cut the noodles with scissors.
- To make it even more stimulating get your feet in there!!



# Marshmallow Playdough



Preparation time: 10 minutes

## Ingredients:

- 6 Jumbo marshmallows
- 3 tablespoons of cornflour (plus extra for kneading)
- 2 tablespoons of coconut oil (most other oils work too)
- Food colouring

## Equipment:

- Microwaveable bowl
- Microwave
- spoon



## Method:

- Measure out all the above ingredients and put into one microwaveable bowl.
- Place the bowl in the microwave and heat for 20 seconds until the marshmallows expand.
- Carefully remove the bowl from the microwave and stir gently.
- The mixture will get very sticky but just keep stirring, you can add more cornflour if needed.
- Once the mixture is cool remove the dough from the bowl and knead.
- Keep adding more cornflour while kneading until it isn't sticky anymore.
- Be careful when adding cornflour, you don't want it becoming crumbly.
- Keep kneading until it becomes soft and pliable. The children can help with this stage of the process.
- You can repeat this process to make different coloured marshmallow playdough.

# Edible paints

**Preparation time: 10 minutes**

## Ingredients:

- 4 tablespoons of cornflour
- Cold water
- 1 cup of boiling water
- Liquid food colouring of choice

## Equipment:

- Saucepan
- Bowls, pots
- spoons



**This is taste safe!**

## Method:

- In a medium saucepan, mix the cornflour with enough cold water to make a paste. (Not too runny).
- Pour in 1 cup of boiling water and stir thoroughly so there are no lumps.
- Turn on medium heat on the stove and mix. The mixture will start to change and you will notice some clear streaks forming in the mixture. Once you see this, turn off the heat and continue stirring. It will start to thicken and turn into a wonderful, custard-like consistency.
- Spoon equal amounts into empty jars, cups or containers and add food colouring. Mixing until completely combined. For each colour, we added 3 drops of yellow, green, red and blue. To make orange, we added 1 drop of red and 2 yellow and to make purple, we added 1 drop of blue and 2 red.
- Store in the fridge covered with cling film for up to 2 weeks. This paint recipe does not have any preservative in it, so it is important to check that the paint has not expired before giving it to children.

**Tip:** If the mixture has hardened from being in the fridge, adding a little bit of boiling hot water or leave the paint out for a few hours will return to its smooth consistency.

# Edible mud

Preparation time: 10 minutes

## Ingredients:

- 2 cups of plain flour
- 1 tablespoon of cocoa
- 2 cups of water

## Equipment:

- Cups
- Mixing bowl



## Method:

- This is the easiest of sensory recipes. All you need to do is mix all ingredients into one big bowl and mix.
- You can use this edible mud for lots of stimulating play.
- Put a selection of animals in the mud and let the children explore.
- Let them watch the sticky, slimy mixture run over their hands. Why not let them stand in it so they can feel it on their toes?



Use your feet to explore how the mud feels.



# Paint Popsicles

**Preparation time:**  
10 minutes

**Ingredients:**

- Water
- Paint or food colouring

**Equipment:**

- Ice cube tray
- Lollypop sticks
- Freezer

**Method:**

- Fill an ice cube tray with water being careful not to over fill.
- Add a small drop of food colouring or paint into each cube. If using paint give it a little stir.
- Cut a lollypop stick in half and place one into each cube.
- Freeze over night.



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