

5 SENSORY PLAY RECIPES FOR KIDS



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Heather Greutman is a Certified Occupational Therapy Assistant. Sharla Kostelyk is a mother with experience in sensory processing through parenting her seven children. This book is for educational purposes only. The advice and tips given are not a replacement for medical advice from a physician or pediatrician. Please consult their advice if you suspect any medical or developmental delay with your child. This book and tips do not replace the relationship between an Occupational Therapist and client in a one-on-one treatment session with an individualized treatment plan based on their professional evaluation. Please seek out your local Occupational Therapist for an evaluation if you suspect any delays or sensory processing concerns with your child.

All activities are designed to be completed with adult supervision. Please use your judgment when setting up these activities for your child and do not provide items that could pose a choking hazard for young children. Never leave a child unattended when completing any of these activities. Please also be aware of all age recommendations on the products you are using with your child. The authors are not liable for any injury caused to your child while completing any of these activities.



SPARKLY WINTER 2-INGREDIENT PLAY DOUGH

Ingredients:

- 1/2 cup hair conditioner
- 1 1/2 cup cornstarch

Optional:

- Blue glitter
- Essential Oils

Directions:

1. Measure the hair conditioner into a bowl and mix in the essential oil if desired.
2. Add 1 cup of cornstarch and start mixing with a spoon.
3. After the dough starts to come together, transfer it to a cutting board or counter and knead by hand.
4. Add the last 1/2 cup of cornstarch as needed (you may not need all of it, or you may need more). You are looking for a smooth and soft texture, one that does not break away or crumble when you knead it.
5. Once you get the consistency you want, add the blue glitter and knead until it is mixed.



RAINBOW CONFETTI PARTY SLIME

Ingredients:

- 1/2 cup Elmer's white glue
- 1/2 cup water
- Wilton Color Right liquid (black)
- 1/4 cup liquid starch
- rainbow sprinkles

Directions:

1. In a bowl, mix 1/2 cup of water with 1/2 cup of glue.
2. Mix in the liquid color.
3. Pour in the liquid starch.
4. Stir. Keep stirring until the liquid is gone and a glob of slime forms.
5. Knead the slime. It will be stringy and goopy in the beginning, but will quickly become more and more the consistency of slime.
6. Set the slime down and allow it to flatten out.
7. Sprinkle with the confetti sprinkles and let it sit 20 seconds or so.
8. Pick the slime up from underneath.
9. Store the slime in an airtight container.

Special note: As the slime is played with, the sprinkles will mix in and lose their coloring, but that's all part of the fun. Once they are dissolved, it will look like a completely new slime!



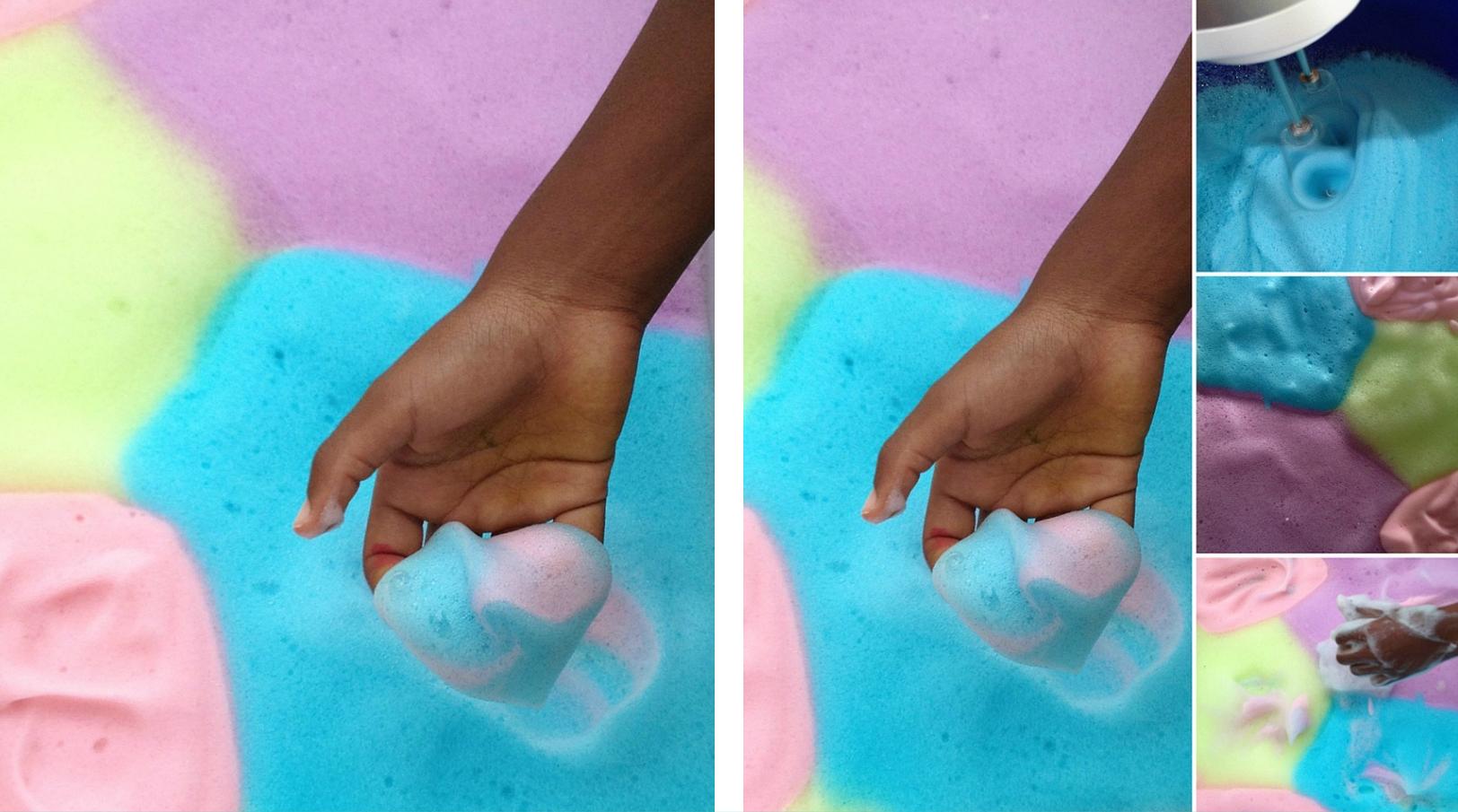
PUMPKIN SCENTED OOBLECK

Ingredients:

- 1 cup of cornstarch
- 1/2 cup water (start with 2-4 tablespoons and add more as needed to get the right consistency)
- 1 tsp. Pumpkin Spice liquid
- Orange food coloring
- Glitter (optional)
- Bowl
- Spoon

Directions:

1. Dump the cornstarch into your bowl.
2. Add the pumpkin spice to the corn starch.
3. Start mixing 2-4 tbsp. of water in at a time. Once you are able to get the melting effect when the oobleck leaves the spoon, you are getting close. The oobleck will look like a liquid in the bowl, turn into a solid when you touch it with the spoon and then melt as it leaves the spoon. It will also do the same thing when you touch it with your hands.
3. Add 4 drops of orange food coloring. You may need to add a few more of each color to get the orange color you want.
4. Add glitter, which is optional.



RAINBOW SOAP FOAM

Ingredients:

- 5-10 drops of food coloring
- 1/4 cup water
- 2 Tbsp. dish soap
- hand mixer
- optional: glitter

Directions:

1. In a bowl, add 1/4 cup water, 2 Tbsp. dish soap and 5-10 drops of food coloring. I also added some glitter with the food coloring to this step.
2. Mix on high with a hand mixer for about 2 minutes, until peaks form.
3. Put the foam into a shallow bin.
4. Rinse the bowl and beaters and follow the instructions again using a different color of food coloring. Repeat until the desired number of colors are created, adding each to the bin.



LAVENDER SCENTED BUBBLES

Ingredients:

- 1 1/2 cups lukewarm water
- 1/2 cup unscented, clear dish soap
- 1/4 cup light corn syrup
- 3-5 drops lavender essential oil
- optional: 3 drops of food coloring

Directions:

1. Mix together the water, dish soap, and corn syrup.
2. Once it is well combined, add the drops of essential oil and food coloring and mix in.
3. Pour the bubble mixture into a container, add a bubble wand and start making bubbles!

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