

Sensory Play Recipes for Tactile or 'Messy' Play

Colour Crème

1 cup flour
1 cup cold water
3 cups boiling water
½ teaspoon food colouring

Combine the flour and cold water, stirring until it is smooth. Slowly pour the mixture into the boiling water and bring it to the boil, stirring constantly. Add colouring. Allow to cool.

It makes a thick creamy paste which is good for smearing and squeezing.
When not in use store in the fridge in an airtight container.

Goop

1 cup corn flour
½ cup coloured water (add food colouring to water)

Place corn flour in a basin and add water very slowly, stirring. Stop when damp but not a runny liquid. Recipe is sufficient for two children.

Goop is a soft and runny mixture which provides resistance to finger movements.
When not in use store in the fridge in an airtight container.

Drizzle Goo

1 cup flour
¼ cup sugar
¾ cup coloured water (add food colouring to water)

Mix the above together stirring well. Mixture should be able to be drizzled over paper or a table surface.

Optional: Place the mixture into a squeeze bottle. Squeeze the goo out over pre-drawn numbers and letters on thick paper or cardboard. It hardens once dried.

When not in use store in the fridge. After refrigerating before use, allow it to warm slightly and shake the bottle well.

Gak

1 cup PVA glue
1 cup of coloured water (add food colouring to water)
1 ¼ teaspoons borax powder (available from pharmacies)
1 cup hot water

Mix glue and coloured water together. Stir. In a bigger container, mix the cup of hot water and borax together so that the borax dissolves. Pour the glue mixture into the borax mixture. Stir until a glob forms. When not in use store the gak in the fridge in an airtight container.

Gak has a rubbery feel and can be pulled and squeezed.

Coloured Rice

1 teaspoon of food colouring
½ cup of water
1 ½ to 2 cups of long grain rice

Add food colouring to the water. Pour in the rice and mix thoroughly. Drain off any excess liquid. Spread the coloured rice onto a large baking tray lined with greaseproof paper. Bake at 120° for 20 minutes or until the rice is dry to the touch.

Repeat the above with one or two other colours. Mix the coloured rice with some plain rice for a speckled effect.

Play Dough

2 cups flour
¼ cup salt
2 tsp cream of tartar
1 ½ tablespoons of oil
1 cup boiling coloured water (add few drops of food colouring to water)

Combine the flour, salt and cream of tartar. Add the oil. Gradually add the coloured boiling water to the mixture. The mixture will become sticky with the heat. Let it cool, knead and add more flour if required.

Play dough keeps for several weeks in the fridge or for about a week if not refrigerated.