

#### **PAINT**

# Fingerpaint

#### HANDED DOWN FAMILY RECIPE

3 Tbsp. Sugar 1/2 C. Cornstarch 2 C. Cold Water Food Coloring

Cook over low heat until it thickens and becomes fingerpaint consistency. Add a pinch of dishwashing detergent for easy cleanup.

## **Puffy Paint**

## HANDED DOWN FAMILY RECIPE

1/2 C. Salt 1/2 C. Flour 1/2 C. Water

Mix above together. Add a few drops of paint to color the mixture.

Fill into plastic squirt bottles. Can also be used with paint brushes.

## Oil Paint

#### HANDED DOWN FAMILY RECIPE

1 Tbsp. powdered paint 2Tbsp. Vegetable Oil

Mix together. Place water in a pie tin or shallow container. Drop oil paint onto water, which will make paint float. Apply several colors and use comb to swirl to create marbling effect. Lay fingerprint paper lightly on the water, then lift off. Paint will transfer to paper.

### Homemade Watercolors

#### hemakeyourownzone.com

4 Tbsp. Baking Soda 2 Tbsp. White Vinegar 1/2 tsp. light Corn Syrup 2 Tbsp. Corn Starch Food Coloring Toothpicks

Put baking soda into large measuring cup. Add vinegar, allow to fizz up and then mix. Add corn syrup and corn starch and mix well. Should have consistency of glue. Pour into cupcake tin, until each section is 1/3 full. Add food coloring. Mix and let sifor 1-2 days to harden. Dip brushes into water and use colors in tins to paint.

### Milk Paint

#### HANDED DOWN FAMILY RECIPE

#### **Evaporated Milk Recipe:**

1 can evaporated milk
Food Coloring
Mix together and paint with
paintbrushes.

# Sweetened Condensed Milk Paint Recipe:

1 can sweetened condensed milk Food coloring Mix together and paint with paintbrushes.

Both these paints take longer to dry. Sweetened condensed will dry glossy.



#### **DOUGH**

## No-Cook Playdough

HANDED DOWN FAMILY RECIPE

2 1/2 C. Flour 1/2 C. Salt 1 Tbsp. Alum (or cream of tartar) 2 C. Boiling Water 3 Tbsp. Corn Oil Food Coloring

Combine flour, salt, alum and mix with boiling water. Add oil and mix. Divide and add food coloring.

Knead on floured board until smooth. Store in ziploc bag or tight

## Cloud Dough

<u>tinkerlab.com/cloud-dough-exploration</u>

8 C. Flour 1 C. Vegetable Oil Essential oils (if desired)

Scoop and put the flour into the center of a large tub. Create a crater for the oil. Pour in the oil. Gently mix it all together.

So much fun!! Protect your floors as the oil does create oil stains.

## Peanut Butter Playdough

HANDED DOWN FAMILY RECIPE

2 C. Powdered Dry Milk 2 C. Smooth Peanut Butter 1 C. honey 1/2 - 1 C. Oatmeal

Mix all ingredients. The result will be a soft, good tasting modeling dough, that is totally edible.

## Cinnamon Playdough

<u>naturalbeachliving.com/no-cook-natural-cinnamon-</u> <u>play-dough/</u>

2 cups all-purpose flour 1 cup salt 2 Tablespoons cream of tartar 2 Tablespoons cinnamon 3 Tablespoons oil

bowl, then slowly stir in 1 1/4 cups boiling water

Mix, let sit about 10 minutes to cool and then it's ready for play. This can be stored in an air tight container

# Salt Clay

yummytoddlerfood.com/the -best-salt-doughornaments/

> 4 C. Flour 1 C.Salt 1 1/2 C. Water

Mix flour and salt. Add water.
Knead until soft and pliable.
Mold into shapes desired. Bake in a 250\* oven. Can be rolled out for ornaments or handprints. Cooking time depends on thickness of dough.
Can also be airdried over several days.



#### **SENSORY**

# Silly Putty

HANDED DOWN FAMILY RECIPE

> 2 Tbsp. Glue 2 Tbsp. Water Mix.

Separately mix: 1 tsp. Borax 2 Tbsp. water.

Mix two mixtures together. Will be slimy at first but will improve in a few days. Store in closed container.

### Flubber

HANDED DOWN FAMILY RECIPE

> 2 Parts Glue 1 Part Liquid Starch Food Coloring

Mix the glue and starch. Add food coloring. Mix well in a cup using a craft stick. It will be stringy. Mix with your hands until able to be handled. It will be solid and bounce.

## Goop

HANDED DOWN FAMILY RECIPE

> 2 Parts Cornstarch 1 Part Water

Mix to a sticky but loose consistency. The mixture will seem hard on the bottom, but when it touches your hands, it will become like a liquid.

## Dried <u>Macaroni/Rice</u>

HANDED DOWN FAMILY RECIPE

2 Tbsp. Rubbing Alcoho Macaroni or Rice Food Coloring Newspaper

In a large glass jar, add: 2 Tbsp. Rubbing Alcohol Few drops of food coloring

Mix together. Add macaroni or rice. Mix well in a jar. Pour out onto newspaper and let dry.

Tip: Use a 1/2 gallon rinsed out milk carton. Shake gently to distribute the color. Works great!

### Paper-mache

HANDED DOWN FAMILY RECIPE

2 C. Cold Water 1 1/2 to 1 3/4 C. Flour Newspaper cut into strips

Mix water and flour in large bowl with whisk until smooth. Cut newspaper into strips 1 in. x 15 in. Coat a mold with one layer of newspaper strips dipped in water only. Then start to cover the mold with the paper-mache strips until well coated. Let stand until dry and hard. Can paint when dry.



**SLIME** 

### Slime

#### HANDED DOWN FAMILY RECIPE

2 Tbsp. Glue 2 Tbsp. Water Mix.

Separately mix: 1 tsp. Borax 2 Tbsp. water.

Mix two mixtures together. Will be slimy at first but will improve in a few days. Store in closed container.

## Glitter Slime

#### makeyourownzone.com

6 oz Bottle Elmers Glitter Glue 1 1/2 teaspoons Baking Soda ·3 teaspoons Contact Lens Solution

Mix the glue and soda. Add contact lens solution. Knead the mixture. If mixture becomes sticky, add more contact solution.

## **Metallic Slime**

growingajeweledrose.com

8 oz. CLEAR school glue 2 Tbsp. metallic paint 4 - 8 oz. liquid starch

Pour 1 c. of clear glue into bowl, add metallic paint and stir.
Slowly add liquid starch until you get the consistency you desire.

## Fluffy Slime

<u>artfulparent.com/rainbow-</u> <u>fluffy-slime-recipe</u>

1 bottle Elmer's White Glue Foam Shaving Cream Borax Solution (1 c. warm water with 1 tsp. borax) Eye Contact Solution (optional, but recommended) Food Coloring

Squeeze glue into bowl. Stir in 1/2 C to 1 C. Shaving Cream, Add Color. Stir. Mix in contact solution and borax solution until mixture forms clump in bowl. Knead until smooth. Play!!

#### Floam

# <u>parentingchaos.com/diy-floam</u>

1/4 cup of Elmer's Glue
1/3 cups of Polystyrene Beads, bean
bag filler
3/4 cups of Water
Tempera Powder, if Desired
In a bowl combine borax with 1/2
cup of very warm water. Mix until
the borax is dissolved. In a separate
bowl combine Elmer's glue with 1/4
cup of water. Add tempera powder
if color is desired.

Once the ingredients of both bowls are dissolved pour everything into a ziplock bag, seal and shake until mixed. Dump out and play!