

Recipes and Ideas for Messy Play



Apple Cloud Dough

You will need:

- Flour
- Cooking Oil
- Apple Pie Spice
- Sand tools



DIRECTIONS:

Start by dumping flour into the tub. Slowly add oil and apple pie spice and mix (you will eventually need to mix with your hands) until it's mixed through and forms a soft but moldable material. If it's too dry, add more oil. There is not a direct measurement, just mix and add ingredients until it smells great and is fun to mold!

NOTE: You can substitute the apple spice for other spices or use a liquid scent (like peppermint)

“Clean Mud”

You will need:

- Toilet Paper
- Bar of Soap
- Water
- Cheese Grater



DIRECTIONS:

Have kids help you grate the bar of soap. This will require supervision as the cheese grater can be sharp. Obviously not all ages are ready to use sharp objects. So you may be doing this part yourself 😊 Ask kids to rip toilet paper into pieces.

Mix it all together in a tub and add some water. Have the kids mix it until it's a moldable, mud like consistency!

Slime (Large Batch and Individual “kid batch”)

LARGE BATCH RECIPE

You will need:

- 2 large jugs – at least 12 cups each (we get 12 cup juice jugs from the dollar store)
- 1/4 cup Borax (comes in a box in the cleaning supply aisle)
- 6 cups Clear or White School Glue
- Water (total 18 cups)
- Two tubs or big bowls to mix the slime (we get them at the dollar store)

DIRECTIONS:

There are two components to slime. There is a “borax and water solution” and a “glue, water, and coloring solution”. Prepare them separately.

- Fill one juice container up to the 12 cup line and add the 1/4 cup of borax. Fill the other juice container up to the 6 cup line and add 6 cups of glue. Mix them separately with separate spoons!
- Add coloring/glitter/gems/etc to the GLUE AND WATER solution.
- Pour the borax and water solution into a small tub. THEN pour in the colored glue/water solution. This order makes a much more consistent slime.
- Mix it with your hands then pull the slime out and put it in another tub.

NOTE: Store slime in a sealed container and add a bit of water if it starts to dry out! You can bring it out for a few days. To keep the fun going, add a can of shaving cream and have the kids help mix it! It’s got glue in it so it will stick to clothes, make sure to use smocks!

CLEANING TOOLS: Slime comes off of hands and out of the tub really easily but it can get stuck in the grooves of tools and other materials. Soak these tools in soapy water for a couple of hours (or overnight) and the slime will break down and disintegrate.

SMALL BATCH (Individual child recipe)

You will need:

- 2 cups or bowls
- 1 tsp Borax (comes in a box in the cleaning supply aisle)
- 1/2 cup school glue (white or clear)
- Water (1 1/2 cups)

DIRECTIONS:

There are two components to slime. There is a “borax and water solution” and a “glue, water, and coloring solution”. Prepare them separately.

- Fill one cup/bowl with 1 cup of water and 1 tsp of borax. Fill the second cup with 1/2 cup water and 1/2 cup glue. Mix them separately with separate spoons!
- Add coloring/glitter/gems/etc to the GLUE AND WATER solution.
- Pour colored glue/water solution INTO the Borax and water solution. This order makes a much more consistent slime.
- Mix it with your hands then pull the slime out and put it in another tub to explore! It can be stored or sent home in a small ziplock back.

NOTE: It’s got glue in it so it will stick to clothes, make sure to use smocks!



Erupting Dough

You will need:

- Large boxes of Baking soda
- Vinegar
- Water
- Liquid water color or food coloring (food coloring will stain more)
- Squeeze bottles for vinegar



DIRECTIONS:

Dump two boxes of baking soda in a tub. Mix enough water into the baking soda to form a moldable dough.

In squeeze bottle put a couple of drops of color then fill with vinegar (we use a funnel for this step)

NOTE: This one is great for color mixing if you use primary colors for your vinegar. You can also just put the dough out to explore and then later in the day have the kids make the dough “erupt” all together. This way you’re not adding more baking soda throughout the day.

Magic Mud/Sand

You will need:

- Bag of Dirt or Sand
- Large box of baking soda
- Vinegar
- Water
- Liquid water color or food coloring (food coloring may stain)
- Squeeze bottles for vinegar



DIRECTIONS:

- Dump the dirt or sand into your sensory tub, then mix in a box of baking soda. Mix some water into the sand/dirt to form a moldable material.
 - In squeeze bottle put a couple of drops of color then fill with vinegar (we use a funnel for this step)
 - Kids can play with the mud/sand just as they normally would. When you’re ready hand them the vinegar and watch the dirt erupt!!!
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“Squash Blocks” – Gelatin

You will need:

- Unflavored/uncolored Gelatin Packets
- Molds (can just be cups, containers, etc)
- Boiling Water
- Food Coloring, liquid watercolor, paint, etc.



DIRECTIONS:

- Basically you’ll just be following the gelatin recipe to make “jello shapes” but add coloring to the mixture before you pour it into molds. Because it’s unflavored it’s not as sticky and it’s still safe if someone puts it in their mouth...it’ll just taste terrible!

“Moon Sand”

You will need:

- 8 cups of sand
- 4 cups of cornstarch
- 2-6 cups of water (add slowly until it's the right consistency)
- Color or scent (optional)



DIRECTIONS:

Mix the sand, cornstarch and any scent or coloring and slowly add the water. Mix it until you have a fun, moldable sand. It's not exactly like the moon sand you can buy but it's a cheaper and fun alternative!

Paper Pulp

You will need:

- Shredded Paper
- Water
- A Blender (optional)



DIRECTIONS:

Kids can help shred the paper by tearing it up, you can also run it through a shredding machine. For a quick pulp use a blender. Fill the blender with paper and water. More water than paper to keep the blender from over heating.

OR for an experiment of sorts, fill the tub with water and shredded paper, let the kids explore it and watch over a couple of days as it turns to pulp on its own!

Coloring Dried Rice, Corn, Noodles, Chickpeas, etc.

You will need:

- Dried Corn, Rice, etc
- Paint, Liquid Watercolor or Food Coloring
- Water (about a Tablespoon)
- White Vinegar (optional)
- Gallon Zip lock Bags



DIRECTIONS:

Fill a ziplock bag about half full with material you'd like to color. Pour in coloring, use a good amount for more vibrant color! Add a small amount of vinegar if you'd like (about a Tablespoon). The vinegar is a natural antibacterial so it will keep the rice (etc) cleaner longer. Seal the bag and shake until the color is mixed well. Then lay the material out in a tub or on a tray to dry overnight!

NOTE: If you'd like to add a spice or scent do so right along with the color. OR use Koolaid to scent and color at the same time (just add a bit more water to the bag)!