

Here are some of Teacher Vicki's favorite recipes. Have fun!

First Friends Playdough

Combine in large saucepan or double boiler:

1 cup flour
1/2 cup salt
2 teaspoons cream of tarter
1 tablespoon salad oil
1 cup water
food coloring or non-toxic paint
dash of peppermint (optional)

Mix well and stir over medium heat until mixture becomes thick and forms a ball. Shouldn't be sticky. Knead well and store in covered container or ziplock bag. Can be doubled for a larger batch. Lasts indefinitely, even when left out for long periods.

Kool-Aid Playdough

Combine in large bowl:

1 cup flour
1/2 cup salt
1 package unsweetened Kool-Aid

Stir in:

1 tablespoon salad oil
1 cup boiling water

Allow to cool slightly. Knead well and store in covered container or ziplock bag. Can be doubled for a larger batch. Lasts indefinitely, even when left out for long periods. The Kool-Aid gives this dough a bright color as well as a nice smell. Kids can mix it themselves after the hot water is put in.

Permanent Dough

Combine in large bowl:

2 cups flour
2 cups salt
1/2 cup hot water
1 tablespoon powdered alum

Mix well and add:

1 teaspoon oil

Add a little more water as you mix, until the right consistency to form a ball. Shouldn't be too dry or too sticky. Can be doubled for a larger batch. If made ahead, store in an airtight container. Knead well and form into three dimensional projects or roll out and cut with cookie cutters for pendants or magnets. Air dry on foil for several days, or in a low oven for several hours. For colored dough, add food coloring or tempera paint before making objects. Or, finished objects may be painted with tempera or acrylic paints.

Putty

1/2 cup Elmer's All-Purpose Glue-All
Liquid food coloring
1/4 cup Liquid Starch (found in the laundry aisle)

Pour glue into a container and add food coloring and 1 tablespoon liquid starch.

Mix thoroughly to get an even texture.

Continue adding starch, 1 tablespoon at a time, working into a smooth putty with your fingers.

Here are some recipes your family might want to try on a rainy afternoon.

Remember, a paint shirt or smock is always a good idea when exploring sensory things, and these projects should be done on the counter above a tile floor, not over carpeting. Have fun!

"Gak"

Combine and mix well:

Food coloring

3/4 cup very warm water

1 cup (8 ounces) Elmer's glue

In a separate bowl, combine:

2/3 cup very warm water

1 1/2 teaspoons Borax

Blend two mixtures together.

Stir until thick, then knead well.

Pour off excess liquid, if any.

Store in an airtight container.

Keep off clothing and carpets!!

Bubble Solution

Combine in a large bowl or bucket:

eight tablespoons of dishwashing liquid (Dawn works best)

one quart of cool, clean water

one tablespoon of glycerine (makes the bubbles last longer, available at drug stores)

Recipe can be doubled. Gently stir ingredients together. Let the solution sit awhile. The longer it sits, the better and bubblier it gets. Dip in wands, blowers, and wave. Makes really elastic bubbles!

To blow an egg for use in craft projects

With a large needle, poke a small hole in each end of an egg. Wiggling the needle around inside to "scramble" the yoke makes it easier. Blow into one end, while holding it over a bowl, so that the contents of the egg fall into the bowl. Eggs can be dyed, filled or decorated.

"Rainbow Stew"

1 cup cornstarch

1/3 cup sugar

4 cups water

food coloring or watercolors

ziplock bags

duct tape

Mix dry ingredients together and add water. Cook, while stirring, over medium high heat until thick. Put into bag(s) and add color. Close tightly and seal with tape. Sets up slightly with time, so kids can squeeze and mix colors. Squishy, rubbery, and fun to try different bags and different color combinations.

"Goop"

Mix together one part cornstarch with one part water in a large tub or on a tray. Add more of each ingredient as you work with it. Add food coloring, watercolors or tempera paint for color. Adding in plastic dinosaurs or other toy animals is fun, too.