



DISCOVERY PLAYTIME PRINTABLES

SENSORY PLAY SHOPPING LIST

With these items stocked in your kitchen cupboard, you'll always be prepared for an impromptu sensory play adventure!

SHOPPING LIST

- | | | | | | |
|--------------------------|-----------------------|--------------------------|-------------------------|--------------------------|------------------|
| <input type="checkbox"/> | Plain Flour | <input type="checkbox"/> | Cornflour | <input type="checkbox"/> | Pasta |
| <input type="checkbox"/> | Salt | <input type="checkbox"/> | Cocoa Powder | <input type="checkbox"/> | Oats |
| <input type="checkbox"/> | Oil | <input type="checkbox"/> | Hair Conditioner | <input type="checkbox"/> | Lentils |
| <input type="checkbox"/> | Food Colouring | <input type="checkbox"/> | Rice | <input type="checkbox"/> | Chickpeas |

SENSORY BASES

Rice - Pasta - Oats - Lentils - Chickpeas - Flour

A sensory base is like the superstar ingredient in kids' sensory play! It's the magic stuff that lets them dive into a world of senses and fun. Sprinkle in some fine motor tools, playful characters, and blocks, and you've got the recipe for an awesome sensory play tray adventure

GLOOP RECIPE

Cornflour - Water - Food Colouring (optional)

Add 1 cup of cornflour to a bowl. If you would like coloured gloop add a few drops of food colouring into 1/2 cup of water. Slowly add the water into the cornflour while constantly mixing. You want the mixture to be solid when you touch it but it melts when you let it go.



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PLAYDOUGH RECIPE

Flour - Salt - Oil - Warm Water - Food Colouring (optional)

Pour 3/4 cup of warm water, 1/4 cup of oil and food colouring into a large mixing bowl and mix well. Add in your 1/5 cup salt and stir again. Slowly add in your 2-3 cups of flour, constantly mixing until the dough comes together. You may need more/less flour so just keep adding small quantities until it forms a dough. Tip the playdough out of the mixing bowl onto a floured surface, knead the rest of the flour into it until it is not sticky anymore. The texture of the playdough can be altered by adding in more water or flour as necessary. Your playdough can keep up to 7 days if you store it in an airtight container in the fridge.



MUCK RECIPE

Cornflour - Cocoa Powder - Water

Add 1 cup of cornflour and 1 cup of Cocoa Powder to a bowl. Slowly add the water into the cornflour while constantly mixing. You want the mixture to be solid when you touch it but it melts when you let it go. You can play around with the texture of this recipe depending on your child's preference. Add more water if you would like it to be more liquidy. Add more cornflour to make it more dry.



CLOUD DOUGH RECIPE

Cornflour - Hair Conditioner - Food Colouring

Add 2 cups of cornflour into a mixing bowl. Add a few drops of food colouring into 1 cup of hair conditioner and combine. Mix the conditioner with the cornflour and knead the dough (with a spatula or your hands) until you get a soft and malleable dough. If your dough is too sticky add in some extra cornflour. If your dough is too dry add in a small bit of conditioner.