



How to Make Slime & 10 Fun Sensory Activities

YOUTUBE FREEBIE

DIY slime is a great activity for (almost) all ages!
Be sure to include your child is making the slime, as well as the clean up process!
Then have fun with these 10 sensory activities!

SLIME RECIPE

- ½ cup white glue
- ½ cup shaving cream
- Food coloring of choice (not necessary)
- ½ tsp baking soda
- 2 tbsp multi-purpose/contact solution + more if needed

Mix all ingredients together in medium size bowl.

Start mixing and kneading the slime with your hands. If it's too sticky, add more contact solution.

Squeeze and knead until it's the right consistency to play with.

1 BLOW BUBBLES

Be sure to try this one yourself!

Using a straw, secure the slime around one end of the straw, and blow into the other!

2 HIDE AND SEEK

Grab some small items (coins, marbles, legos). and hide them in the slime.

Have your child dig to find the items and "rescue" them from the slime.

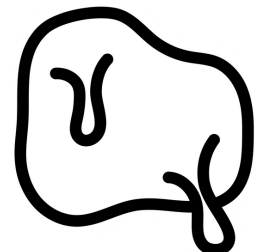
3 BLIND HIDE AND SEEK

Complete number 2 with eyes closed!

4 CUTTING PRACTICE

Using a fork and butter knife, practice cutting the slime into small pieces.

Using a pair of scissors, practice cutting skills with the slime.



5 SCENTED SLIME

Add 1 or 2 drops of an essential oil to the slime to add an olfactory component.
Citrus scents are more alerting, while lavender is more calming.

6 LETTER / NUMBER PRACTICE

Take handwriting to a new level!
Use the slime to form letters and numbers.
Great for spelling or path practice.

7 COOKIE CUTTER SLIME

Grab some cookie cutters!
Roll out the slime so it's flat like cookie dough, then press the cookie cutter into the slime.
Does the shape hold? Or does it fall apart? Use it as an experiment!

8 PRETEND FOOD PLAY

Use the slime for pretend food play:

- Cut it into small "bite sized" pieces
- Flip it like a pancake
- Add it into cupcake or jello molds

9 ADD WATER BEADS

After growing some water beads with water, try adding them to the slime.
This add an entirely new tactile component!

10 ROLLING AND PINCHING

Using small pieces of slime, roll them into small balls using the palms of the hands to help build and develop the palmar arches.
Also pinch the small slime balls to practice fine motor skills

BONUS!

1 MESSY PLAY ALL DAY

Learn all about the benefits of messy play by listening to this podcast episode!
All Things Sensory Podcast Episode 54 - Messy Play All Day
<https://harkla.co/blogs/podcast/54-messy-play-all-day>

2 PALMAR GRASP REFLEX

Learn all about the palmar grasp reflex and how it affects handwriting, fine motor skills, and tactile processing.
All Things Sensory Podcast Episode 149 - The Palmar Grasp Reflex
<https://harkla.co/blogs/podcast/149-the-palmar-grasp-reflex>

Want more help?!

[CHECK OUT OUR FINE MOTOR SKILLS ACTIVITY COURSE!](#)

Get access to even more activities that develop fine motor skills!

- 35 activities for handwriting
- Using stickers to develop fine motor skills
- 20 activities with painter's tape
- 10 activities using a deck of cards

<https://harkla.co/products/fine-motor-skills-activity-course>