Fun Sensory Play Activities: Make at Home Recipes

Many children enjoy playing with sensory materials of different textures. This can get messy, but may also keep your child engaged for a period of time. To avoid mess inside, be sure to set limits on where the materials must stay (eg. on a table in the kitchen) or you can set your child up outside with the activity! As an additional activity, some kiddos can be taught to help with the clean-up. Have fun!

Some children may be resistant to touching different textures. It could still be worth exposing them to these materials, especially if they see you or a sibling having fun with it. 😊😊 Once made, store in an airtight container or Ziploc bag for the next time.

*Play Dough Recipe: Mix all ingredients thoroughly.
1. 1 cup of flour.
2. 1/4 cup of salt.
3. 3/4 cup of water.
4. 3 tablespoons of lemon juice.
5. 1 tablespoon of vegetable oil.
6. Food coloring.
7. Any seasonings or scents you would like

*This recipe contains gluten. There are gluten-free recipes on the internet.

Kinetic Sand Recipe

1 cup of play sand
1/2 tbsp corn starch
 1 tsp dish soap
 1 cup of water (added as needed)

Method: Begin by combining the play sand and corn starch in a large bin or container. Mix well. In a separate container combine 1 cup of water with 1 tsp of dish soap, and stir until the water is bubbly. Then, slowly add the water-mixture to the sand/cornstarch and mix well. Mix and mix, slowly adding more water & mixing as you go. Add buckets/shovels/kitchen gadgets, and kids will have a blast as they create & play!

“Oobleck” Recipe
Sounds strange, but this one is just fun to touch and explore!

Mix 2 cups of cornstarch to 1 cup of water into a bowl. Mix the cornstarch and water until your oobleck is formed. Tip: If you would like to color your oobleck, add your food coloring to your water and then mix with the cornstarch.