



RECIPE CARDS

OUR FAVORITE RECIPES/SENSORY ACTIVITIES



A QUICK NOTE



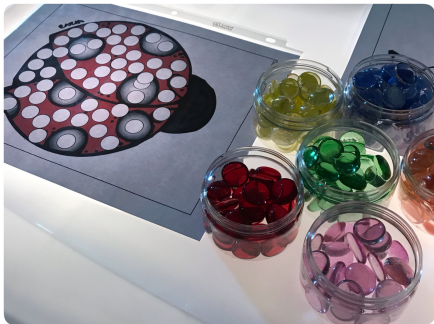
While I know the information on these cards is available many places online, I wanted to "do the legwork" so to speak and have some of YoGalore's favorite activities and recipes in one place -- easily accessible and, yes, on super cute cards! I encourage you to do these activities with your students/child/grandchild when possible. There are so many benefits to the process of making and not just in the product itself.

I hope you find these cards helpful. I use them often myself and find they are handy, especially when I don't have to search for everything. or keep printing things out because I can't find them. I punched holes in the upper corner of the cards and put a ring through mine to keep as a handy flip book. You also may want to laminate your activity cards to protect them, making them last longer. Thank you so much for using our activity cards. Happy making!

-- ZenJen

INCLUDED RECIPES

1. Classic Playdough Recipe
2. Wheat-free Playdough Recipe
3. Sensory Bottles
4. Baking Soda Bomb Recipe
5. Classic Gak/Slime Recipe
6. Kinetic Sand Recipe
7. Easy DIY Light Table
8. Coloring Rice/Rice Sensory Bin
9. Sidewalk Chalk/Bath Soap Paint Recipe
10. Classic Salt Dough Recipe



EASY DIY LIGHT TABLE

1. CLASSIC PLAYDOUGH RECIPE



You'll Need:

1 cup all purpose flour

½ cup iodized salt

2 tsp cream of tartar

(you can also substitute cream of tartar with 2 Tbsp baking soda, but change to 1 Tbsp of vegetable oil)

1 cup water

1 tsp vegetable oil

food coloring (I like gel food coloring)

a few drops of essential oils/carrier oil (optional)



Directions: Mix first three ingredients together. Add next two ingredients to mixture. Stir. Add the desired amount of food coloring. Pour into pot and heat on medium to medium high heat, stirring frequently. The mixture will start to stick together and become lumpy. Stir until you have a giant lump of dough. Remove from heat and put the dough onto a cutting board or countertop to cool. Once cool, knead dough. Store in an airtight container. If dough dries out, add a few drops of coconut oil and work through the dough. You can also add essential oils to your dough for a unique sensory experience.

2. WHEAT-FREE PLAYDOUGH RECIPE



You'll Need:

1 cup baking soda 3/4 cup hot water
1/2 cup cornstarch food coloring



Directions: Put all four ingredients in a pot and place directly on the stove on medium high heat while stirring constantly. It took several minutes for me to see a change, but you will. It starts to thicken and bubble, much like regular playdough does. Once it's mostly formed in a big clump, remove from heat and set your dough on a cutting board or clean surface to cool. Once it's cooler you can knead it a little and work with it. As I noticed in some of the other posts regarding wheat-free playdough, it is a different consistency and it does tend to dry out pretty quickly.

I took some fractionated coconut oil I had (a carrier oil for making essential oil blends for things like rollerballs bottles) and put a few drops onto/into each ball of dough, then worked it through really really well. Immediately it was a TON better. Store in an airtight container.

3. SENSORY BOTTLES

You'll Need:

VOSS water bottles (or any other durable plastic bottle)

Goo Gone (to remove any label adhesive)

clear water beads (also can be found at the dollar store)
water

food coloring or liquid watercolors

any small items you'd like to put in your water bottle
(beads, stars, confetti, glitter, mini erasers, etc)

Gorilla glue or other heavy duty adhesive like E6000

any of the following: mineral oil, baby oil, baby oil gel, hair gel



Directions: After removing the labels and using Goo Gone on the leftover adhesive, fill the bottle a with whatever clear substance you want -- the hair gel is the thickest and will make things you put in the bottle sort of suspend because they can't move easily. If you use hair gel, you may want to add a little at first, then a little water to see if it's the consistency you want.

3. SENSORY BOTTLES (CONT'D)



For other substances, fill the bottle about 1/3 full of oil, then add another 1/3 water and/or water beads, depending on what you want. Leave some room so you can shake the contents. Add a few drops of food coloring or watercolors if you like and also add your glitter, beads, confetti, etc.

Once you get your bottle the way you want it, use your adhesive to glue the lid on nice and tight to prevent opening.

The tough part to this is that there isn't an exact science to this part of making sensory bottles. I did quite a bit of trial and error to see what worked for me. You may have to as well. It's a fun project to do with the kids. I even did this activity with my preschoolers -- all 100 of them! Not all at once of course, but I had a "buffet" set up and they each went through the line and chose what they wanted in their sensory bottles. I had so many parents tell me how much their children talked about this activity over the holiday break. It was a huge hit!

Another thing the children really enjoyed was using battery operated puck lights to put under their sensory bottles so they illuminate (found at the dollar store). They're also great on light tables!

4. BAKING SODA BOMBS RECIPE



You'll Need:

1 cup baking soda

1/4 cup warm water

food coloring

bath bomb molds, smaller shallow

measuring cups or plastic eggs

(something to use for your mold)

parchment paper (optional but helpful)

vinegar (for later)



Directions: Combine baking soda and water in a bowl. Add a few drops of food coloring to mixture. Mix together until you have your desired color/effect. Begin putting mixture into your molds and pressing it in firmly to make sure the shape will remain after popping them out. once you have your mold filled, tap it a little to make sure everything is combined well. Remove "bomb" from mold and onto parchment paper or container. Allow to dry for 24 - 48 hours. Once dry, place in small shallow container and slowly add vinegar to your bath bomb to watch it "explode"!

5. CLASSIC GAK/SLIME RECIPE



You'll Need:

4 oz school glue

1/2 tsp Borax (found in the laundry detergent aisle)

food coloring or washable liquid watercolors

glass bowl



Directions: Pour school glue into glass bowl and fill the empty glue bottle with warm water and add to the glue. Add food coloring. Mix well. In the measuring cup add 1/2 tsp Borax to 1/4 cup of hot water and stir until well dissolved. And finally, add Borax mixture to the glue mixture. Knead the mixture until it starts to mix together, which takes a little while. Store in a plastic bag r airtight container. You can also add scent to your gak for even more sensory fun.

There are so many things to use when playing with gak – we often use large glass shells (always supervised of course), plastic bugs or cars, or sea creatures just to name a few.

6. DIY KINETIC SAND RECIPE



You'll Need:

5 cups sand (I use play sand)

1 cup + 3 Tbsp cornstarch

1/2 tsp dish soap (I use Dawn)

1 cup warm water



Directions: Put your sand in a container (I use the largest food storage container from the dollar store. It's the perfect size for an individual sensory bin.) Add the cornstarch and mix very well, removing any lumps. Mix your water and dish soap together and gradually pour and stir all of the soap and water mixture. (I would pour and stir, pour and stir, etc.)

I do not store my kinetic sand in an airtight container. I store mine in a container, but that is after allowing it to thoroughly dry out and I drill some small holes in the lid. Much like other sensory activities that involve adding water, if you store with the lid on them they can easily mold/mildew, which also causes your mixture to smell. Once dried out and stored, add the dish soap and water mixture and add as needed.

7. EASY DIY LIGHT TABLE



You'll Need:

1 plastic shallow storage bin with a white lid
tin foil (I used Heavy Duty Reynolds Wrap)

3 puck lights (electric or battery)

drill

bi-metal hole saw (about 1.5 inches hole) *if you are using puck lights with a cord

If you are using battery operated lights, skip steps 2 - 4.



Directions: 1. Line your shallow storage bin with the foil. This help keep the light inside and reflects to make the white "table top" brighter. Make sure you get all four sides and floor of the container. 2. Connect your lights, allowing them to be spread out a little bit so the light is dispersed evenly in the storage bin. 3. Using your drill and bi-metal hole saw , drill a circle in the storage bin so you can feed the cord through and plug it in easily. I put mine in the middle, on the side of the bin. 4. Once you feed the cord through, plug in the lights and turn on the switch to make sure everything works. 5. Put the lid on and use all the colorful, transparent manipulatives you can find! We also like to use sensory bottles on the light table.

8. COLORING RICE/RICE SENSORY BIN



You'll Need:

white rice (5lb for an individual sensory container)
food coloring or liquid watercolors
1 Tbsp vinegar per pound of rice
cookie sheet or tray



Directions: Place rice in a glass bowl (or something that doesn't stain). Add vinegar and food coloring/watercolors until you get the desired color. Mix with a spoon (I use my hands), until mixture is blended well. spread rice out on tray or cookie sheet to dry for several hours.

Some people like to put their mixture in a resealable plastic bag and mix together that way because it's less messy. I think it's a little harder to blend everything together, but it's an option if the mess doesn't thrill you. You can also add essential oils to your rice to help mask the vinegar smell.

9. SIDEWALK CHALK/BATH PAINT RECIPE



You'll Need:

1/4 cup of some kind of soap, shampoo, body wash
(any kind of liquid soap you have on hand)

1/4 cup cornstarch

3-4 drops food coloring

1 or 2 Tbsp of water (as needed for thicker consistency)

some kind of tray, container or muffin tin to put bath soap in



Directions: Mix soap, cornstarch. Add 1 Tbsp water as needed until your bath paint mixture is thick enough not to be runny and will stay if you paint on the tub with it on a paintbrush. If you are making several colors, separate mixture and add food coloring to each individual container. If you get mixture too thin, add some more cornstarch to your bath paint mixture. Mix until smooth and pour into tray or containers.

You can use this recipe for both sidewalk chalk paint as well as bath paint. If you use the paint as sidewalk chalk paint, the soap in the mixture also helps to wash away the paint later!

10. CLASSIC SALT DOUGH RECIPE

You'll Need:

4 cups flour	nonstick cookie sheets
1 cup salt	rolling pin
1 1/2 cups water	cookie cutters



Directions: Preheat oven to 300 degrees.

Mix flour and salt together and gradually add warm water. Have some extra water on hand to add to the dough if its too dry. You should be able to use your hands and squish most of the dough together and make it into a giant ball. Coat the ball of dough with a little flour. It helps to prevent sticking. Start rolling the dough out on a smooth surface like a counter top or on parchment paper. You may need to add a little flour to keep the dough from sticking to the rolling pin or the surface. Roll the dough out until it's a little less than a centimeter thick.

Once you have it rolled out, cut out your shapes using the cookie cutters, place on ungreased cookie sheet. Put in the oven and let them bake 60 minutes. Remove from oven to cool. Paint them, decorate them however you want! You may want to use glitter and glue, different kinds of paints (we used spray paint, acrylics, and some tempera), the sky is the limit!







