



YoGalore


Move more. Learn more.™



6. KINETIC SAND RECIPE

You'll Need:

- 1/2 cup granulated sugar
- 1/2 cup cornstarch
- 1 cup baking soda
- 1 Tbsp cream of tartar
- 1/4 cup warm water
- gel food coloring
- essential oils (optional)



Directions:
Mix first four ingredients with a whisk or spoon. Add food coloring to water and stir well. Slowly add water a teaspoon or so at a time to mixture until slightly sticky until it feels like "kinetic sand". Store in airtight container or sealed plastic bag.

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Classroom Recipes FREE! ACTIVITY CARDS

INCLUDED RECIPES & ACTIVITIES

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. Coloring Rice/Rice Sensory Bin
8. Sidewalk Chalk/Bath Soap Paint Recipe
9. Classic Salt Dough Recipe
10. Easy Gingerbread Playdough
11. Water Bead/Orbeez to Water Ratio
12. Playdough Recipe WITHOUT Cream of Tartar
13. Cloud Dough/Two Ingredient Playdough
14. Air Dry Clay Recipe

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7. COLORING RICE FOR SENSORY BIN

You'll Need:

- white rice (5lb for an individual sensory container)
- food coloring or liquid watercolors
- 1 tsp white vinegar per cup of rice
- gallon freezer bags with a good seal
- shallow sensory bin/container



Directions: Measure rice and put into storage bag. Add several drops of your food coloring and then add vinegar. Get most of the air out and seal the bag and work the rice so the vinegar and food coloring are well blended into the rice. You may have to add more food coloring. Once you have the color you like, put a layer of paper towels on a cookie sheet and pour the rice onto the paper towel and allow to dry for a few hours. You can also add essential oils to your rice to help mask the vinegar smell.

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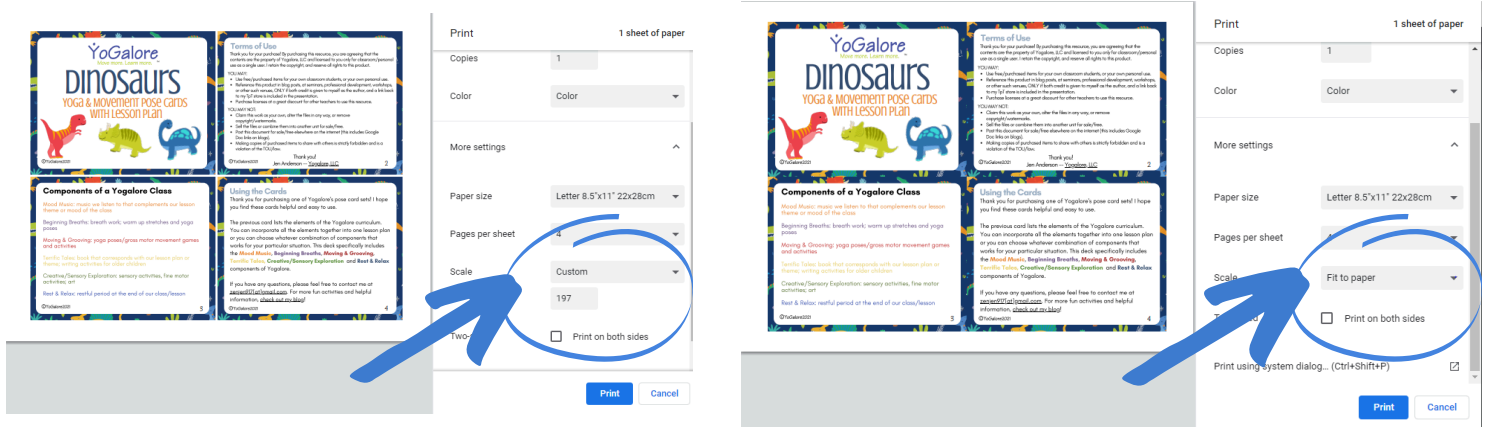
Printing and Tips for Yoga Pose Cards

This resource was designed to fit on standard 8.5" x 11" paper (I like to use cardstock) when printing.

Most of the time I use the yoga pose cards digitally, but once in awhile I need to print some. Go to your printer settings and where it says "More Settings" (or something similar). You should have some kind of options for "Pages per sheet". The cards were designed to fit four cards on a standard page, but you can print them with more or less per page. I chose 4 for this example. From there, check your "Scale" options (see below). You should have three options, something similar to the three options below.

Custom

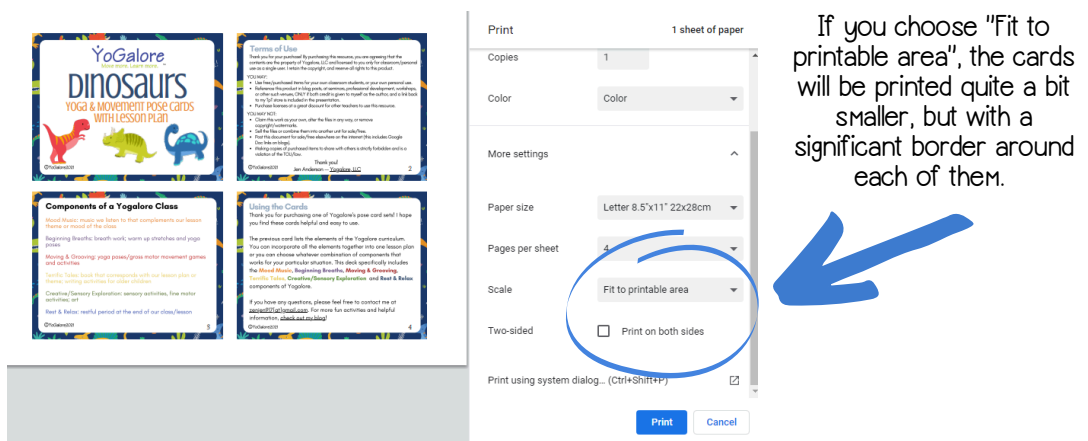
Fit to Paper



If you choose "Custom", you can adjust the scale. I like mine on about 197 because it gives just a little bit of space between cards, but doesn't make the cards much smaller.

If you choose "Fit to paper", the cards will be printed with no space between cards.

Fit to Printable Area



If you choose "Fit to printable area", the cards will be printed quite a bit smaller, but with a significant border around each of them.

When cutting I use a paper cutter and cut just on the inside of the border to ensure the cards are approximately the same size. When finished, I use a rounded corner punch to give the cards a more finished look. You can also laminate to make them more durable.

Troubleshooting

If you are having difficulty printing or opening the .pdf, try the following:

1. Make sure you are not in preview mode.
2. If you are using an iPad, try using a laptop.
3. Open directly using Adobe Reader.
4. Make sure you have the latest version of Adobe.



Classroom Recipe Cards

OUR FAVORITE RECIPES &
SENSORY ACTIVITIES



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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. I have included affiliate links in this resource. If you click and make a purchase, I receive a small commission at no cost to you. Thank you so much for using our activity cards. Happy making!

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1. CLASSIC PLAYDOUGH RECIPE

You'll Need:

- 1 cup all purpose flour
- 1/2 cup iodized salt
- 2 tsp cream of tartar
- 1 cup water
- 1 tsp vegetable oil
- food coloring (I like gel food coloring)



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
- gel 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 rollerball 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:

- empty bottles with lids
- water
- funnel
- food coloring or liquid watercolors (optional)
- small plastic/resin items to put in sensory bottle (beads, confetti, glitter, mini erasers, mini rubber bands, etc.)
- gorilla glue or E6000
- ONE of the following (depending on desired effect):
mineral oil, clear liquid soap, clear school glue, baby oil

Directions: Pour some of whatever clear substance you chose. The thicker the substance, the slower the objects inside move. Add water until bottle is 3/4 full. Then add whatever items you chose to float and sink. If you want the objects to fall slower, add more clear school glue. If they need to go faster, add more water. Fill to the top with more water or clear substance. Use glue to make sure lid is closed and secure.

4. BAKING SODA BOMBS

You'll Need:

- 1/4 cup warm water
- food coloring
- bath bomb molds, smaller shallow measuring cups or plastic eggs (something to use for your mold)
- vinegar
- parchment paper (optional but helpful)



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 bubble up!

5. CLASSIC GAK/SLIME RECIPE

You'll Need:

- 1/2 tsp Borax (found in the laundry detergent aisle)
- food coloring or washable liquid watercolors
- glass bowl
- 1/4 cup HOT water
- 4 oz warm water
- 4 oz. school glue



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 or 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. KINETIC SAND RECIPE

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- 1 cup baking soda
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- gel food coloring
- essential oils (optional)



Directions:

Mix first four ingredients with a whisk or spoon. Add food coloring to water and stir well. Slowly add water a teaspoon or so at a time to mixture until slightly sticky until it feels like "kinetic sand". Store in airtight container or sealed plastic bag.

7. COLORING RICE FOR SENSORY BIN

You'll Need:

- white rice (5lb for an individual sensory container)
- food coloring or liquid watercolors
- 1 tsp white vinegar per cup of rice
- gallon freezer bags with a good seal
- shallow sensory bin/container



Directions: Measure rice and put into storage bag. Add several drops of your food coloring and then add vinegar. Get most of the air out and seal the bag and work the rice so the vinegar and food coloring are well blended into the rice. You may have to add more food coloring. Once you have the color you like, put a layer of paper towels on a cookie sheet and pour the rice onto the paper towel and allow to dry for a few hours. You can also add essential oils to your rice to help mask the vinegar smell.

8. BATH PAINT RECIPE

You'll Need:

- 1/4 cup of some kind of soap, shampoo or body wash (any liquid soap)
- 1/4 cup cornstarch
- 3/4 drops gel food coloring
- 1 or 2 Tbsp of water (as needed for thicker consistency)



Directions: Mix soap, cornstarch. Add 1 Tbsp water as needed until your bath paint mixture is thick enough not to be runny and still 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, the soap helps to wash away the “artwork” when you’re finished!

9. CLASSIC SALT DOUGH RECIPE

You'll Need:

- 4 cups flour
- 1 cup salt
- 1 1/2 cups warm water
- nonstick cookie sheets
- rolling pin
- cookie cutters
- rolling mat/pastry mat



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!

10. EASY NO COOK GINGERBREAD PLAYDOUGH RECIPE

You'll Need:

1 cup flour

1/2 cup salt

1/2 Tbsp ground cinnamon

1/2 Tbsp ground ginger

1 Tbsp vegetable oil

1/2 cup water



Directions: Mix ingredients together with spoon, then knead until it all sticks together. It will be crumbly at first. If sticky, add a little more flour.

11. WATERBEAD TO WATER RATIO

I get asked this question a LOT:

“How much water to how many water beads?”



Obviously all water beads/Orbeez aren't the same, so if you have directions with your water beads, by all means follow those.

If you happen to misplace or forget and throw your directions away, a general rule of thumb is

1 tsp water beads to two cups of water.

12. PLAYDOUGH RECIPE WITH NO CREAM OF TARTAR

You'll Need:

- 1 cup all purpose flour
- 1/2 cup iodized salt
- 2 Tbsp baking soda
- 1 cup water
- 1 Tbsp vegetable oil
- gel food coloring
- a few drops of essential oils/carrier oil (optional)



Mix the 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.

13. CLOUD DOUGH RECIPE

You'll Need:

- 2 cups cornstarch
- 1 cup conditioner (I love VO5 – it's cheap and smells fantastic!)
- gel food coloring



Mix cornstarch and conditioner in a bowl. Separate into several balls and add food coloring and work through the cloud dough.

* While I haven't tried it, you might be able to make swirled playdough by adding food coloring and dough to a sealed plastic bag and work it through.

14. AIR DRY CLAY RECIPE

You'll Need:

1 1/2 cup cornstarch

1 cup white school glue

1 Tbsp white vinegar

1 Tbsp baby oil

1 tsp lotion



Directions: Mix ingredients together with spoon, then knead until it all sticks together and is well-blended. Shape as you like, roll it out and use cookie cutters, whatever you like!

