



## INGREDIENTS:

2 cups bi-carbonate soda (baking soda)

1  $\frac{1}{2}$  cups water

1 cup of cornflour (corn starch)

Food colouring (optional)

## INSTRUCTIONS:

1. Combined all ingredients into a saucepan.
2. Mix the ingredients together using a whisk to remove lumps.
3. Heat on stove stirring with a wooden spoon.
4. Bring the mixture to the boil continuously stirring.
5. Small lumps will begin to appear, continue to stir until a thick mixture has formed.
6. Turn out onto the bench. Be careful the Rubbery Goop will be very hot!
7. Knead together to form a smooth ball of Rubbery Goop.
8. Store in a plastic zip-lock bag or air tight container.

There are no preservatives in this recipe and depending on how many children play with the Rubbery Goop, it can last up to two weeks.



## INGREDIENTS:

dry spaghetti, linguini  
or other pasta

Food coloring

## INSTRUCTIONS:

1. Cook pasta according to package instructions.
2. While pasta is cooking, combine about 2 tablespoons of water and 20 drops of food colouring in a large zip-top plastic bag. Repeat with however many additional colours you would like
3. When pasta is finished cooking, transfer pasta to a large colander to drain. Then immediately rinse it in cold water to halt the cooking.
4. Transfer the pasta in even portions to the prepared zip top bags and seal. Use your hands to carefully combine the pasta and food colouring, and then let each bag sit for at least 1 minute to soak up the colour.
5. Then, one colour at a time, transfer a bag of pasta back to the colander and rinse with cold water to remove any extra food colouring. Then transfer the pasta back to your original pot. Repeat with the remaining colours of pasta. Toss all of the colours of pasta together to combine the colours.



## COLOURED PASTA/RICE

### INGREDIENTS:

- Small pasta
- Vinegar
- Food Colouring

### INSTRUCTIONS:

1. Measure 1 Cup of pasta or rice into a container.
2. You can do more if desired just adjust the measurements. Or you can do several colours of pasta/rice in different containers and mix them together for a rainbow pasta theme!
3. Next add 1 Teaspoon of Vinegar.
4. Now add as much food colouring as desired (deeper colour= more food colouring).
5. Cover the container and SHAKE vigorously for a minute or two. Check to see if the pasta is evenly coated!
6. Spread on paper towel or plate to dry in an even layer for an hour
7. Once the coloured pasta is dry transfer to a bin for sensory play.



## EDIBLE PAINT

### INGREDIENTS:

- Food Colouring
- Whipped Cream

### INSTRUCTIONS:

1. Pour 2 cups of whipping cream into a mixing bowl and use a hand blender to whip it up into a mound of soft whip cream
2. Use a spoon to scoop out a few dollops into each section of a muffin tin. Add a drop of food colouring to each section and mix until the colour is evenly distributed





## MAKE YOUR OWN ELMA THE ELEPHANT!

### THINGS YOU NEED:

- Empty milk carton
- Scissors
- Tape
- Coloured paper
- Googly eyes

### INSTRUCTIONS:

- Take one empty milk bottle, draw a straight line at the bottom of the handle all the way around and then cut it.
- Remove the lid and cut off the neck of the bottle, tape over the entire hole.
- Cut four arches from the bottom of each side to make the legs.
- Decorate with brightly coloured squares of tissue paper, sticking with pva glue and add a couple of googly eyes.



## HOME MADE PLAYDOUGH

### THINGS YOU NEED:

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring
- 1 tbsp vegetable oil

### INSTRUCTIONS:

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh.

## **Free resources**

### **Elma the Elephant online**

<https://www.slideshare.net/MESLAIN/elmer-the-elephant-ppt>

### **Elma the Elephant Youtube**

<https://www.youtube.com/watch?v=BSo9fQmpZs0>

### **Online Books**

<https://www.penguin.co.uk/>

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games>

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>

<https://monkeypen.com/pages/free-childrens-books>

### **Free Audio Books**

<https://www.freechildrenstories.com/>

<https://Pickatale.co.uk>