

# Sensory play recipes

## No Cook Play Dough Recipe

### Ingredients

2 Cups All-purpose Flour

2 Tablespoons of vegetable oil (coconut oil or baby oil also work well)

½ Cup Salt

2 Tablespoons Cream of Tartar

1-1½ Cups boiling water (add in increments until it feels just right)

Food coloring optional

\*As well, sometimes we had a few drops of essential oil, usually lavender, tea tree, orange/lemon oil etc.

### Method:

Step 1: Mix flour, salt, cream of tartar & oil in a large mixing bowl.

Step 2: Add food coloring/essential oils (if using) to the boiling water.

Step 3: Slowly add hot water into the dry ingredients bowl as you stir.

Stir continuously until it becomes a sticky, combined dough.

Allow to cool slightly.

Step 4: Once it has cooled a bit, turn dough onto a clean surface and knead it vigorously for a couple of minutes until the stickiness is gone. This is a very important step as it creates the texture/consistency of the playdough.

\*If the playdough is too sticky add a little more flour and knead it in until it feels right. Alternately if the playdough feels too dry add a little more of hot water and knead.

## Moon Sand

8 cups All-purpose white flour

1 cup baby oil

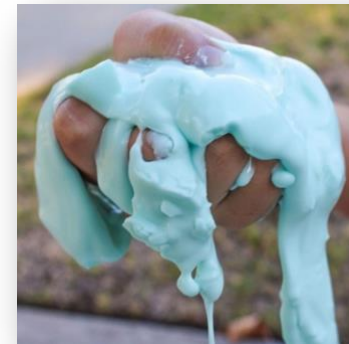


Welcome to school



## Cloud Dough Recipe

- ½ lotion (baby lotion works well)
- 1 cup cornstarch



## Oobleck

2 parts cornstarch  
1 part water