



Saturday 10 March 2018, 10am-12pm

Messy Play Day

Messy Recipe Booklet

Homemade Edible Finger Paint

- 2 cups of corn flour
- 1 cup of cold water
- 4.5 cups of boiling water
- Liquid food colouring

Method:

Mix the corn flour with the cold water and stir together. Pour in the boiling water and stir between each cup. It goes really strange but keep stirring and it literally seems to “melt” into a wonderful, custard-like consistency. Then separate it into individual jam jars or however you like before adding colouring.

Some people have found that the paint remains liquid and doesn't thicken up as it should, two possible solutions are:

1. Try simply adding up to 1 more cup of corn flour and see if that helps it to thicken.
2. Try mixing the paint in a pan on a medium heat instead of just in a bowl, as that will help to bring it together.

Spray Chalk

- Spray bottles
- Corn Flour
- Baking soda
- Food colouring or washable watercolors

Optional: If you want to make the spray chalk art erupt you will also want a few squirt bottles of vinegar.

Method:

Fill the spray bottles $\frac{1}{3}$ of the way with a baking soda and corn starch mixture, using roughly equal amounts of both ingredients. Add a few drops of food colouring or washable watercolors, and then fill the bottles with very warm water. Use a butter knife or similar to stir the mixture as best you can, and then place the spray spouts on and shake the bottles really, really well. You will want to shake the bottles once more just before play, as some of the corn starch does settle at the bottom of the bottle.

Rainbow Soap Slime

- Pure soap flakes
- Warm water
- Food colouring (optional)

Method:

To make the slime nice and thick use the ratio 1 cup pure soap flakes to 2.5 cups warm water, add food colouring as desired and whisk.

Fizzy Cloud Dough

- 1 cup of plain flour
- 1 cup of baking soda
- ¼ cup of vegetable oil
- Food coloring
- Vinegar

Method:

Premix the food colouring into the oil before adding it to the flour. Then mix the flour, baking soda and oil into a bowl. You will have to get your hands into the mix to pinch the flour to distribute the oils. Once the kids have had a play moulding the dough, then use a spray bottle or dropper to add the vinegar to create the fizziness.

Fizzy Rainbow Slush

- Baking soda
- Water
- Food colouring

Method:

Mix baking soda and water in a roughly 1:1 ratio (it's very forgiving), then add the food colouring until you get the shade of colour you'd like. Baking soda is heavy and will settle out of the water if you let it sit for long, so keep spoons in the containers for stirring. If you are cooling your slush down in the fridge first, you will need to stir it again once it comes back out.

Edible & Non-Chokable Mini Water Beads

- 1 tbsp. basil seed
- 1 and ¼ cup water
- Food colouring

Method:

Add the food colouring to the water, as desired. Soak the basil seeds, stirring occasionally. Within about 5 minutes, they will have absorbed all the water. When you are ready to play with them, add a little extra water to your container to allow them to move a bit more fluidly (otherwise they tend to stick to each other and hands).

Play Dough

- ½ cup salt
- 1 cup plain flour
- 2 tbsp. cream of tartar
- 1 cup water
- 1 tbsp. oil
- 3 drops liquid food colouring (this is an estimate, adjust as appropriate)

Method:

Mix all the ingredients together in a medium sized saucepan. Stir over heat until dough is pliable. Allow to cool and store in a well-sealed plastic bag or container.

This makes enough for 2 to 4 children to have a good sized lump to play with. Can be kept in the fridge and will last for 6 months or more.

Edible Slime

- 1 tbsp. of Metamucil with Psyllium (generic fiber supplement will also work as long as it contains psyllium)
- 1 cup of water
- Food dye

Method:

In a LARGE microwavable bowl combine 1 tablespoon of Metamucil or similar with 1 cup of water and stir well. You can also add a few drops of food colouring for rich colouring. Stir all the ingredients until everything is dissolved. Then place the bowl in the microwave and heat on high until you start to see bubbles (roughly 2 minutes). Continue to microwave the bubbling slime for one minute. Then stop the microwave and stir again. Once stirred microwave again for two more minutes. Remove the bowl from the microwave and allow it to cool. At this point the slime will still be liquid, but it will thicken as it cools. Once it is completely cool it will be ready for play!



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