



# Sensory Recipes

## Washable Body Art



Mix 1/3 cup of tear-free baby wash and 1 tablespoon cornstarch. Add more cornstarch if thicker consistency is needed. Tint with food coloring or Kool-Aid. Paint on body and wash in tub for bath-time fun!



## Space Mud

Mix 4 parts cornstarch and 1 part water. Gradually add water to cornstarch and mix with fingers. Tint with food coloring or Kool-Aid.

## Homemade Bubble Solution

Add 1/2 cup light corn syrup to 2-1/2 cups hot water and whisk until dissolved. Slowly add 1/2 cup liquid dish soap and whisk well. Let solution set for a few hours before using for the best bubble results.

## Fun Textures to Try!

- Felt
- Ribbons
- Sand
- Oatmeal
- Shaving cream
- Water
- Jello

