



MOTHERCOULD PLAY DOUGH

YOU'LL NEED:

- 1 cup flour
- 1/2 cup table salt
- 2 tbsp cream of tartar
- 1 tbsp oil
- 1 cup boiling water
- Food coloring

INSTRUCTIONS:

1. In a bowl, combine the flour, salt and cream or tart. Mix well.

2. Add the oil

3. Mix a few drops of food coloring into the boiling water and add to the bowl.

4. Mix everything very well and massage with your hand until it is no longer sticky.

*Storage: Wait for the play dough to cool completely. Wrap in plastic and place in an air tight container. Store at room temperature for up to 6 months ♥



FOLLOW @MOTHERCOULD





MOTHERCOULD

BABY SAFE PAINT

YOU'LL NEED:

- 1/2 cup baby cereal (I used a multigrain one)
- 3/4 to 1 cup of water
- Food coloring

INSTRUCTIONS:

1. Add the baby cereal, water and food coloring to a food processor. If you don't have one, you can mix with a whisk.
2. Mix until color is well blended. Adjust water quantity based on the consistency you'd like.

*Even though this recipe is taste safe, I still like to discourage my girls from eating it. It helps when I introduce real paint and food coloring is not great to eat.



FOLLOW @MOTHERCOULD





MOTHERCOULD

CHIA SEED SENSORY

YOU'LL NEED:

- 1/4 cup white chia seeds
- Food coloring
- 1 3/4 cups water

INSTRUCTIONS:

1. In a sealable container mix the chia seeds, food coloring and water.

2. Seal and refrigerate overnight.

3. Uncover and it's ready for play.

*Store in the refrigerator with a little extra water. Should last a few days but remember it's food so it will spoil eventually.



FOLLOW @MOTHERCOULD





MOTHERCOULD COLORED DRY PASTA

YOU'LL NEED:

- Dry pasta
- Vinegar
- Food coloring
- Parchment paper
- Baking tray

INSTRUCTIONS:

1. For every cup of dry pasta, pour 1 tbsp of vinegar.
 2. Add a few drops of food coloring
 3. Mix until all the pasta pieces are fully colored
 4. Place a sheet of parchment paper on the baking tray and pour the colored pasta on top.
 5. Lay out in an even layer and let out to dry for a few hours.
- *Place outside to dry for quicker drying.
**Try to not have any of the pasta pieces touching when you spread them out to dry.



FOLLOW @MOTHERCOULD





MOTHERCOULD

COLORED SPAGHETTI

YOU'LL NEED:

- Water
- Oil
- Salt
- Spaghetti
- Food coloring

INSTRUCTIONS:

1. Boil water for spaghetti.
2. Add oil, salt and a few drops of food coloring.
3. Drain once fully cooked
4. Cool and place in a bin for the child to explore ☐



FOLLOW @MOTHERCOULD





MOTHERCOULD DYED LIMA BEANS

YOU'LL NEED:

- 2 cups baby lima beans (or normal lima beans)
- Food coloring
- 1 tbsp vinegar
- Parchment paper
- Oven safe tray

INSTRUCTIONS:

- 1.Add 2 cups of beans to a plastic bag or a container
- 2.Add a few drops of food coloring to it
- 3.Add 1 tbsp of vinegar.
- 4.Seal the bag and shake until all the beans are fully colored
- 5.Put some parchment paper over an oven save tray
- 6.Pour the colored beans on top and spread evenly
- 7.Bake in the oven for 15 minutes at 250 degrees F.
- 8.Let cool.

*Allow the beans to fully dry so that the color sticks well.



FOLLOW @MOTHERCOULD





MOTHERCOULD DYED RICE

YOU'LL NEED:

- White rice (buy the cheapest)
- Vinegar
- Food coloring
- Flat tray
- Parchment or wax paper

INSTRUCTIONS:

- 1.Measure 1 cup of rice for every 1 tablespoon of vinegar.
 - 2.Add rice and vinegar to a plastic bag.
 - 3.Add few drops of food coloring (a little goes a long way) into a ziplock bag.
 - 4.Shake very well until all the rice grains are colored.
 - 5.Lay out to dry on a flat tray over parchment/wax paper. Spread out into a thin layer. It should be dry in 30 minutes.
- *The vinegar smell is very strong but if you leave it outside to dry, it helps



FOLLOW @MOTHERCOULD





MOTHERCOULD

DYED SALT

YOU'LL NEED:

- Table salt
- Food coloring
- Zip close bag or container
- Tray

INSTRUCTIONS:

- 1.Pour a bit of salt into a zip close bag.
- 2.Add a few drops of food coloring to the bag. The more you add, the deeper the color will be.
- 3.Remove all the air from the bag and close it well.
- 4.Shake until all of the salt is evenly coated.
- 5.Pour out the salt onto a tray and let it dry a few minutes.
- 6.Shake the tray to make an even layer of salt and practice writing



FOLLOW @MOTHERCOULD





MOTHERCOULD EDIBLE SAND

YOU'LL NEED:

- 2 Cups flour
- 1/4 cup water
- Food coloring
- 3oz vegetable oil

INSTRUCTIONS:

🌀 Preheat oven to 300°F.

1. Pour the flour into an oven safe pan.

2. Mix a few drops of food coloring into the water and add to the flour. Mix really well using your hands. Thrust the flour together in between your hands like in the video. You want to have very few clumps.

3. Bake in the oven at 300°F in 10 minute intervals. Remove from the oven every 10 minutes and thrust with your hands. Repeat until dry.

4. Once cool, add vegetable oil. Thrust well with your hands to remove the clumps. Add more or less oil depending on whether it clumps together or not.

5. Place the cloud dough in a large bin and add in some beach toys to make sand castles



FOLLOW @MOTHERCOULD





MOTHERCOULD DIY SNOW

YOU'LL NEED:

- 1 cup baking soda
- 1/2 cup sugar
- 1/2 cup corn starch
- 1 tbsp cream of tartar
- 4 tbsp of water, separated
- Medium bowl
- Whisk

INSTRUCTIONS:

1. Pour the baking soda, sugar, corn starch and cream of tartar into a bowl. Mix well.
2. Add 2 tbsp of water and mix using a whisk
3. Add another 2 tbsp of water and mix well using the whisk. You should have a snow like fluffy texture.
4. Place in the refrigerator until cool.
5. Remove from refrigerator and have fun in the snow 🧊.

*Storage: Place in a zip close bag or air tight container with no air inside. Store in the refrigerator



FOLLOW @MOTHERCOULD





MOTHERCOULD FIZZY BLOCKS

YOU'LL NEED:

- 1 cup baking soda
- 1tsp clear gelatin
- 1/4 cup water
- Food coloring
- Ice cube tray
- Vinegar

INSTRUCTIONS:

- 1.Mix together the baking soda and gelatin.
- 2.Add a few drops of food coloring to the water and pour into the baking soda mixture. Mix well.
- 3.Separate the mixture evenly into the ice cube tray.
- 4 Freeze overnight.
- 5.Remove the cubes from the tray and pour some vinegar on top.
Watch it fizz.



FOLLOW @MOTHERCOULD





MOTHERCOULD

ICE CREAM PLAY DOUGH

YOU'LL NEED:

- 1 cup frosting
- 3/4 cup corn starch
- Food coloring (optional)

INSTRUCTIONS:

1. Add the frosting to a bowl and add in the food coloring if necessary. Mix well.
 2. Add the corn starch a little at a time. Keep adding until you get your desired consistency. Mix until stiff enough to mend with your hands.
 3. Mend with your hands until no longer sticky.
- *If it is still sticky, add a little more of corn starch.
- **Place in an airtight container or zip bag with no air inside



FOLLOW @MOTHERCOULD





MOTHERCOULD

ICE PAINT

YOU'LL NEED:

- Ice cube tray
- Water
- Food coloring
- Popsicle sticks

INSTRUCTIONS:

- 1.Fill an ice cube tray with water. Don't over fill
- 2.Add a small drop of food coloring to each cube.
- 3.Cut a popsicle stick in half. Use the flat edge side to mix the water and food coloring. Leave the popsicle stick inside
- 4.Freeze overnight

*When painting, use water color paper for best results



FOLLOW @MOTHERCOULD





MOTHERCOULD

PLAY FOAM

YOU'LL NEED:

- 1 cup water
- 2-3 tbsp soap (preferable tear free for kids)
- Food coloring, washable paint or liquid water colors
- Blender

INSTRUCTIONS:

- 1.Add the water, soap and food coloring to the blender.
- 2.Blend well. Start at a low speed and work yourself to medium speed. Blend for about 1 minute or until you achieve your desired texture.
- 3.Pour out into a container and have fun!



FOLLOW @MOTHERCOULD





MOTHERCOULD PUFFY PAINT

YOU'LL NEED:

- Glue
- Shaving cream
- Food coloring

INSTRUCTIONS:

- 1.Add equal parts glue and shaving cream in a bowl.
 - 2.Add food coloring and mix well.
- *If you want to use the paint in a DIY piping bag:
- 1.Add the paint to a ziplock bag.
 - 2.Close the bag and cut a small piece of corner off.
 - 3.Squeeze the paint through the opening



FOLLOW @MOTHERCOULD





MOTHERCOULD SLIME

YOU'LL NEED:

- 5 oz clear glue (I use Elmer's non-toxic clear glue)
- 1/4 cup warm water
- 1/2 tsp baking soda
- Food coloring
- Glitter
- 2 Tbsp eye contact solution (make sure it has boric acid in it)

INSTRUCTIONS:

1. Measure 5oz of glue and pour it into a mixing bowl.
2. Add the baking soda to the warm water and mix it until the solution turns clear. Pour it into the glue and mix.
3. Add a few drops of food coloring and mix.
4. Add some glitter, if you'd like, and mix.
5. Add 1 tbsp of contact solution and mix well.
6. Add another tbsp of contact solution. Mix well. This should be enough to separate the mixture from the bowl.
7. Add some contact solution to your hands and mend the slime until it is no longer sticky.



FOLLOW @MOTHERCOULD





MOTHERCOULD

TASTE SAFE BLOCKS

YOU'LL NEED:

- Clear gelatin powder
- Boiling water
- Food coloring
- Parchment/wax paper
- Containers

INSTRUCTIONS:

1. Add the gelatin powder to a bowl.
2. Measure $\frac{3}{4}$ of the indicated amount of water ratio and add a drop of food coloring.
3. Pour into the bowl and mix immediately or the gelatin will clump up. In the video you'll see I added first one cup of water, mixed, and then another $\frac{1}{2}$ cup. I did that so that I could mix before it clumped.
4. Line the container with parchment paper and pour mixture in.
5. Refrigerate for 3-4 hours.
6. When the gelatin is firm, pull the wax paper out of the container and cut into large blocks.



FOLLOW @MOTHERCOULD





MOTHERCOULD

TASTE SAFE DIRT

YOU'LL NEED:

- 7 cups flour
- 1 cup cocoa powder
- 1 1/4 cups oil
- large container.

INSTRUCTIONS:

1. Add the flour and the cocoa powder to the bin and mix well.
 2. Add the oil and start mixing with a spoon or spatula.
 3. Finish mixing with your hands until you are able to clump the mixture together into a ball but still be able to break apart easily.
- *Flour is considered raw until it is cooked. If you want to make it edible, simply spread the flour on a flat baking sheet and place in the oven at 350 degrees F for 5 minutes. Let it cool completely before using. This will kill off the lingering bacteria in your flour.



FOLLOW @MOTHERCOULD





MOTHERCOULD TASTE SAFE PAINT

YOU'LL NEED:

- 1/4 cup salt
- 1/2 cup flour
- 1/2 cup water
- Food coloring

INSTRUCTIONS:

- 1.Mix the flour and salt in a bowl.
- 2.Add a few drops of food coloring to the water. Pour into the flour and salt mixture.
- 3.Whip well until and the clumps dissolve.

*You can add more or less water depending on the consistency you desire.

**Store in the refrigerator. Can keep for 6 months or so.



FOLLOW @MOTHERCOULD





MOTHERCOULD

TASTE SAFE SLIME

YOU'LL NEED:

- 1/4 cup chia seeds
- 1 3/4 cup water
- Food coloring
- 3-4 cups corn starch

INSTRUCTIONS:

- 1.Mix the chia seeds, water and food coloring together.
- 2.Cover and refrigerate overnight.
- 3.Uncover and add the corn starch a little at a time. About a cup at a time. Mix and then continue until you achieve the desired consistency. Should be like regular slime. Slimy but can be easily taken off the hands.

*Store covered in the refrigerator. You will need to add a little water each time you take it out to use it. It will reactive the slime.



FOLLOW @MOTHERCOULD

