

## Playdough

2 cups of flour  
1/2 cup of salt  
3/4 cup of hot water  
1 tablespoon of cooking oil  
2 tablespoons of cream of tartar  
A few drops of food colouring (optional)

Combine all the dry ingredients in a bowl and form a well in the centre. Add the oil, food colouring and water and stir until combined. Turn out of the bowl and knead well. If the mixture is too sticky add small amounts of flour.

Be aware, too much cream of tartar will cause your playdough to become crumbly.

You may like to try adding a couple of drops of your preferred essential oil to ignite the sense of smell. Or maybe some natural ingredients such as crushed lavender flower or lemon zest.



## Goop

Cornflour

Water

Food Colouring (optional)

Pour some cornflour into a mixing bowl and stir in small amounts of water until the cornflour has become a very thick paste. To make the goop the colour of your choice, thoroughly stir in about five drops of food colouring into the mixture.

You can mix really fast or really slow and watch how the goop changes consistency as you do.

You can keep your cornflour and water mixture covered in the fridge for a few days.

## Slime

1/2 cup of Elmer's White or Clear Glue  
1 tablespoon Saline Solution (containing boric acid and sodium borate)  
1/2 cup of water  
1/4 - 1/2 teaspoon Baking Soda  
Food Colouring  
Glitter

Add glue, water, food colouring and glitter to a bowl and mix well. Add in Baking Soda and mix it up. Then add saline and stir fast to get the rubbery texture.

Hint: Too much saline will make the slime stiff and not stretchy.