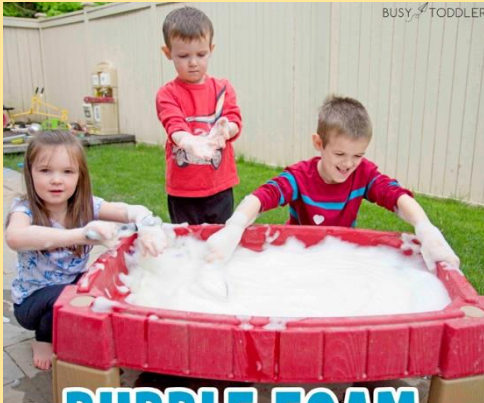
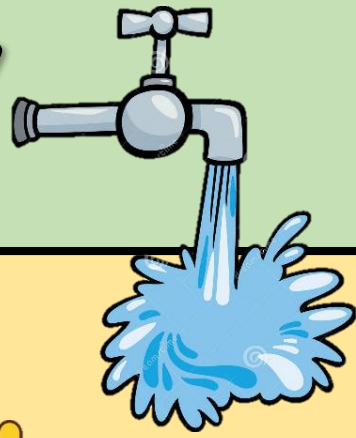


EASY AT-HOME
MESSY PLAY
IDEAS

WATER PLAY



BUBBLE FOAM

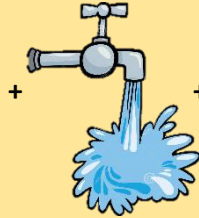
2 ingredients is all you need!

BUBBLE FOAM

WHAT YOU NEED:



Bubble bath or
body wash



Water



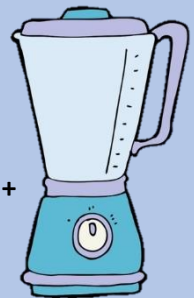
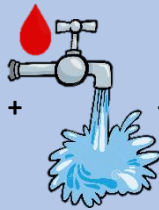
Food colouring (optional)

[CLICK HERE FOR THE INSTRUCTIONS](#)



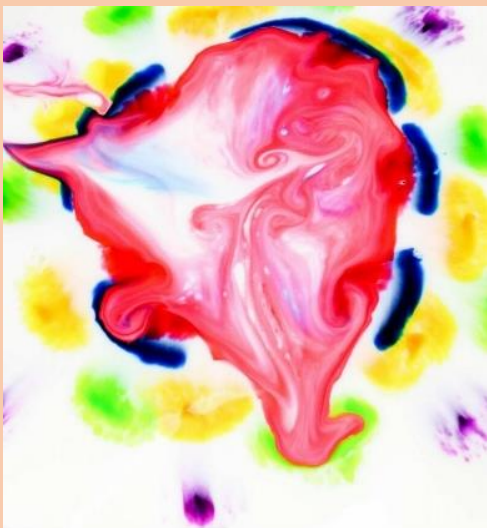
OCEAN SOAP FOAM

WHAT YOU NEED:



Dish soap Warm water Cornflour Blue dye Blender

[CLICK HERE FOR THE INSTRUCTIONS](#)



MAGIC MILK
CHEMISTRY FOR KIDS

MAGIC MILK EXPERIMENT

WHAT YOU NEED:



Milk



Food colouring



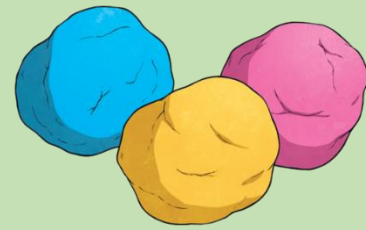
Dish soap



Cotton swabs

[CLICK HERE FOR THE INSTRUCTIONS](#)

PLAYDOUGH



2 INGREDIENT PLAYDOUGH:

WHAT YOU NEED:



+



+



1 CUP OF CONDITIONER

2 CUPS OF CORNFLOUR

FOOD COLOURING

(OPTIONAL)

[CLICK HERE FOR THE INSTRUCTIONS](#)

PLAYDOUGH IDEAS:



- CHALLENGE YOUR YOUNG ONE TO ROLL OUT THE ALPHABET!



- ROLL OUT SIMPLE EQUATIONS FOR YOUR YOUNG ONE TO ANSWER!

OTHER SENSORY MATERIALS

OATS OR RICE



JUST PUT OUT:

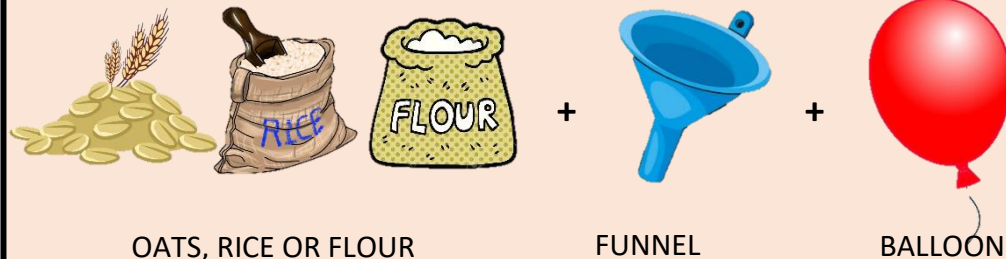
- MEASURING CUPS
- MIXING BOWLS
- STIRRING SPOONS

ADD WATER FOR MORE SENSORY ACTION



SENSORY ACTIVITY MAKING A STRESS BALL

WHAT YOU NEED:



OATS, RICE OR FLOUR

FUNNEL

BALLOON

INSTRUCTIONS:

1. BLOW UP THE BALLOON
2. PULL THE END OF THE BALLOON OVER THE FUNNEL
3. CAREFULLY POUR THE OATS, RICE OR FLOUR INTO THE FUNNEL. TAP AND SHAKE
4. REMOVE THE FUNNEL AND HAVE AN ADULT TIE THE BALLOON

[CLICK HERE FOR MORE INFORMATION](#)



HOW TO MAKE A
STRESS BALL



onelittleproject.com