Goop

This goop may just be "magic." It's solid when squeezed yet turns to liquid when the hand is opened. The sensation will surprise young children and adults alike. It's quick and easy to make and provides great fascination for curious hands.

DIRECTIONS

1. Place one cup of cornstarch into a bowl.
2. Pour water into the bowl slowly and stir continuously until the cornstarch is fully saturated (you may need more or less water, so add a little at a time).
3. The mixture is ready to use once the cornstarch resembles a thick paste and becomes difficult to stir.

CAUTION: Do not eat the goop mixture.

MATERIALS

- 1 cup of cornstarch
- 1 cup of water
- Medium plastic bowl
- Spoons

HINTS

This mixture makes enough for several people to use. If you add too much water and it begins to pool on top, just pour the extra water out. Dispose of unused mixture in the trash (not down the drain). Allow it to air dry and then discard.

MAKE ACTIVITIES

Give your child a scoop of goop. When he/she squeezes the goop tight and then opens his/her hands, it drips out in unexpected ways! Does it feel cool or warm?

Play charades by making shapes or animals with goop. Can your child guess what you've made? Give him/her a hint: draw details in the goop!

Fill a larger container with goop. Submerge your feet in the goop or walk across it. What does it feel like on your toes? Does it make a sound?

Trail Mix

This snack is a combination of yummy, crunchy, squishy, and gooey foods all mixed together. Trail mix offers a variety of textures for the hands and the mouth. Many types of trail mix are available in flavors ranging from salty or sweet to hot-n-spicy!

DIRECTIONS

1. Choose several or all of the textured foods from the materials list.
2. Put 1/8 cup of each chosen food into each small paper lunch bag and mix.
3. Eat and enjoy!

HINT

Experiment with other ingredients like dried fruits, mini pretzels, or other favorite snack foods.

CAUTION: Not suitable for those with swallowing and/or chewing difficulties and/or nut allergies.

MATERIALS

- Small paper bags (such as a lunch sized bag)

1/8 cup of any of the following:

- Granola
- Nuts (check for allergies)
- Mini marshmallows
- Popped popcorn
- Chocolate chips
- Raisins

EATING ACTIVITIES

Make several paper bags of the trail mix and bring to a picnic in the park, your backyard, or your living room floor.

Ask your child to reach into the bag. Can he/she identify ingredients by touch? Have your child close his/her eyes, take a bite and then describe the taste.

For a full sensory experience, take the trail mix on a hike in the woods or walk in the park near your home.