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## Ngā tohutao tākaro | Play recipes

This selection sensory play recipes can be made with tamariki at playgroup and at home. Use everyday ingredients to create fun, open-ended sensory experiences.



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## Making gloop

- › 2 cups cornflour
- › 1 cup cold water

Slowly add one cup of cold water to two cups of cornflour in a bowl. Stir until the water is absorbed by the cornflour. Add colour if you like. Put the gloop in ice-cream or large containers with spoons, cups and other utensils.

Great just with fingers on a flat surface.

## Making slime

- › 1 cup soap flakes
- › 4 cups hot water

Dissolve one cup of soap flakes in two litres of warm water. Add colouring if you like. Allow the mixture to stand until it becomes thick and slimy. Beat the mixture with an egg-beater to make it frothy.

Put the slime in a wide, open container or trough with egg-beaters, spoons, funnels, cups, sponges, sieves and whisks for children to experiment with.

Slime can be kept for several days in a covered bucket.

**Note:** Be sure to check first that children do not have skin allergies. Some children's skin can be sensitive to soap flakes.

## Cooked finger-paint

- › 2 cup cornflour
- › 5 cups water
- › 1/2 cup of soap flakes

In a large bowl mix two cups of cornflour with one cup of cold water. While stirring this mixture slowly, pour in the boiling water. Keep pouring and stirring until the mixture turns smooth and thick. Once the mixture turns smooth and thick (add more hot water if the mixture is too thick) add half a cup of soap flakes and stir well. Split the mixture into different bowls or pots and add food colouring into each, making sure each pot has a different colour.

Finger-paint can be kept in the fridge for a couple of days.

**Note:** Some children's skin can be sensitive to soap flakes. If this is so, then leave it out of the recipe.

# Making playdough

Here are three recipes for making playdough — cooked, uncooked, and gluten-free. Tamariki can help you make these.

## Cooked playdough

- › 1 cup salt
- › 2 cups water
- › 2 cups flour
- › 2 tbsp cooking oil
- › 4 tsp cream of tartar
- › food colouring

Mix dry ingredients together. Add water, oil, and colouring. Blend until smooth. Stir over heat until mixture comes away from the sides, forming a ball. Tip the dough onto a board and knead well.

## Uncooked playdough

- › 2 cups flour
- › 2 tbsp cooking oil
- › 1 cup salt
- › 1 tsp food colouring
- › 1 cup water (hot water works best)

Put flour and salt in a bowl. Mix water, oil, and colouring and combine with dry ingredients. Knead well – extra flour may be required. Add items such as essences and herbs for different smells and textures.

## Gluten-free playdough

- › 1 cup of white rice flour
- › 1 cup of cornstarch
- › 1 cup of salt
- › 1 tbsp cream of tartar
- › 2 tbsp vegetable oil
- › 2 cups of water
- › food colouring (optional)

In a large pot, mix together the rice flour, cornstarch, salt, and cream of tartar. Add the vegetable oil and water to the pot. Stir to combine. Cook the mixture over low heat, stirring constantly, until it forms a thick dough. Remove from the heat and knead the dough until it is smooth and pliable.



# He kohinga tākaro mō te ako | Play ideas for learning

The play ideas in this kit offer suggestions for a wide variety of experiences and opportunities to support children's learning and development. You can look on Te Whāriki Online to find a range of playgroup and whānau resources, with more ideas and information.

**See the Playgroups**  
([education.govt.nz](https://education.govt.nz)) page  
on Te Whāriki online,



<https://tewhariki.tahurangi.education.govt.nz/te-whariki/playgroups/5637145245.c>

**Ako ki te kāinga: learning in the home** ([education.govt.nz](https://education.govt.nz)) for more ideas to support children's learning:



<https://tewhariki.tahurangi.education.govt.nz/te-whariki/ako-ki-te-k-inga-kaiako-support-for-learning-from-home/5637145244.c>

Published by the Ministry of Education, New Zealand, December 2023.

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ISBN 978-1-77697-381-1 (Print)

ISBN 978-1-77697-382-8 (Online)

You can order more copies of the Play idea's for learning cards from: [thechair.co.nz](https://thechair.co.nz)

Item number: 97381



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