

# SENSORY VISUAL RECIPES



## Fizzy Cloud Dough

1



Mix flour, baking soda, and vegetable oil to make the cloud dough.

2



Add gel food coloring to color the dough if wanted.

3



Use spray bottles or eye droppers to spray vinegar into the mixture and watch it fizzle!

4



Play

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# SENSORY VISUAL RECIPES

## 14 RECIPES:

Peppermint Cocoa Dough

Lavender Cloud Dough

Play Snow

Kinetic Sand

Floam

Slime

Play Dough

Frozen Shaving Cream

Puffy Paint

Fizzy Cloud Dough

Pudding Paint

Texture Balloons

Jello Dough

Soap Dough

Each recipe includes:

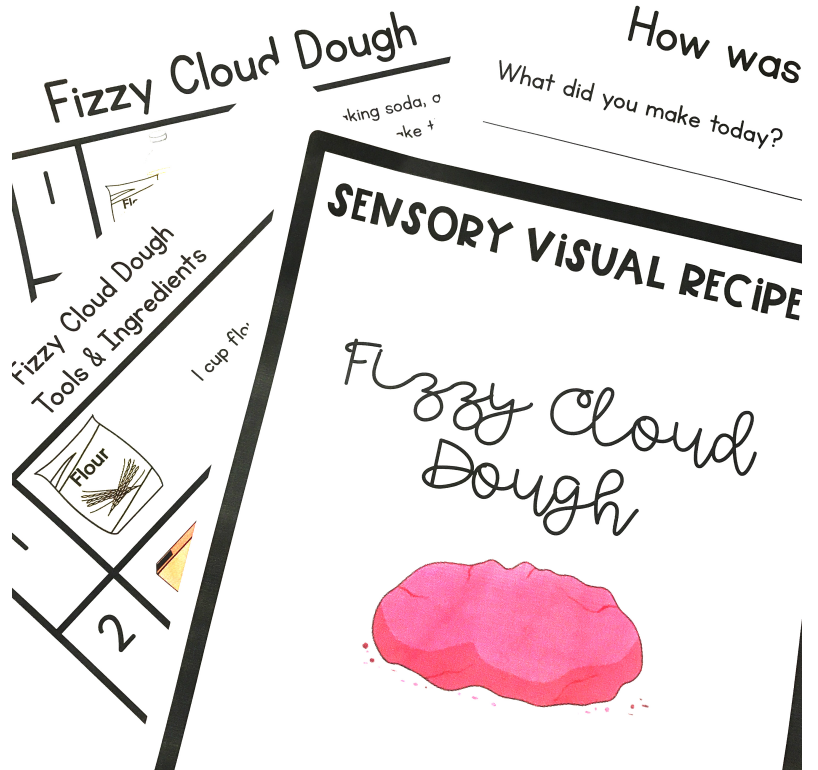
+ Tools and Ingredients

+ Recipe

+ Sequencing Sheet

+ Quiz Sheet

+ Survey Sheet



# HOW TO USE

1. Review the Tools and Ingredients page to decide what you have already and what you may need to buy. You can do this the day before and go shopping or do this and have the kids “shop” your cabinets for the items while checking them off.
2. Read the recipe and complete the cooking activity.
3. While the food is “setting” cut the recipe and sequence the steps on the sequencing page.
4. Use the quiz sheet to identify which tools and ingredients you used using a bingo dabber.
5. Share with friends and teachers.
6. Use the survey sheet to share how you liked the recipe.
7. Staple all pages and send home so parents can make the recipe at home with students!



# SENSORY VISUAL RECIPES

Peppermint  
Cocoa  
Dough





# Peppermint Cocoa Dough

## Tools & Materials

1	 <p>5 cups flour</p>
2	 <p>½ cup baby oil</p>
3	 <p>½ cup of cocoa</p>
4	 <p>Peppermint Extract or Peppermint Essential Oil</p>
5	 <p>Large Container</p>

# Peppermint Cocoa Dough

1	 A bag of flour with a stalk of wheat on it and a bottle of baby oil with a white label that says "BABY OIL".	Mix the flour and oil together with your hands.
2	 A cocoa pod, split open to show the cocoa beans inside.	Sprinkle the cocoa in slowly while mixing
3	 A small brown bottle with a white label that says "PEPPERMINT EXTRACT" and a green mint leaf illustration.	Squirt 5 drops peppermint oil
4	 A green rolling pin with white handles.	Mix all together, add more peppermint or cocoa if needed.
5	 A ball of brown dough with some small brown specks scattered around its base.	Play!

Name:

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1	Sequencing
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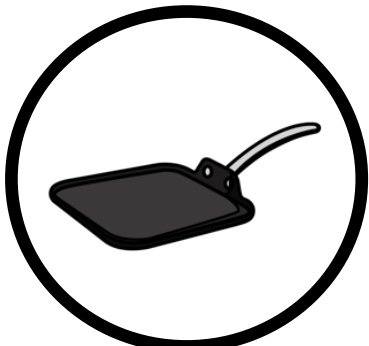
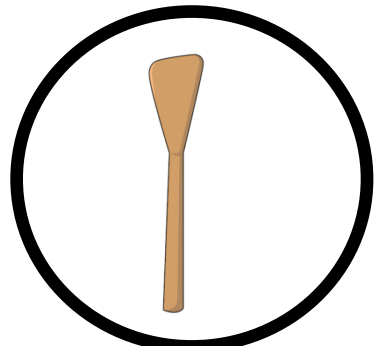
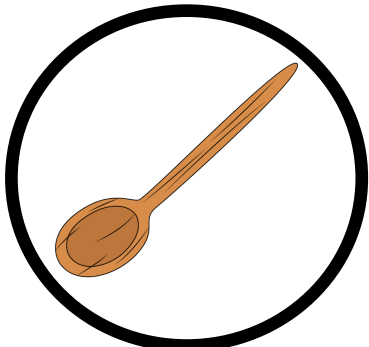
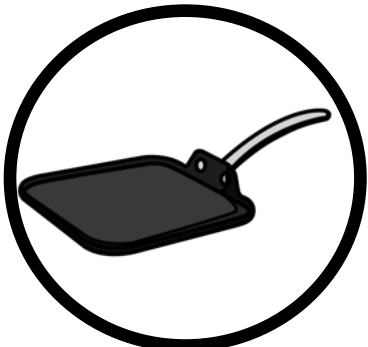
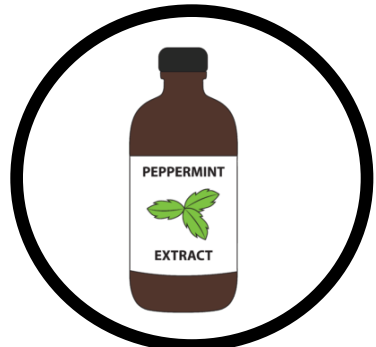
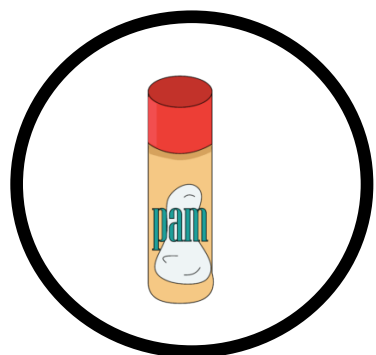
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# Experiment

## Tools & Materials

What did you use?





Name:

Date:

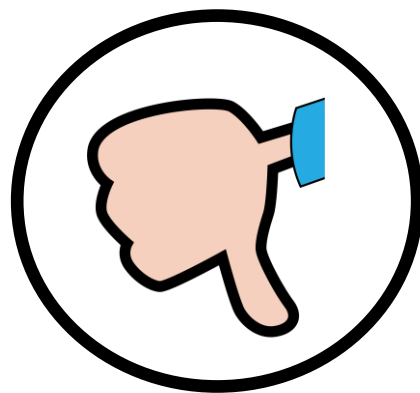
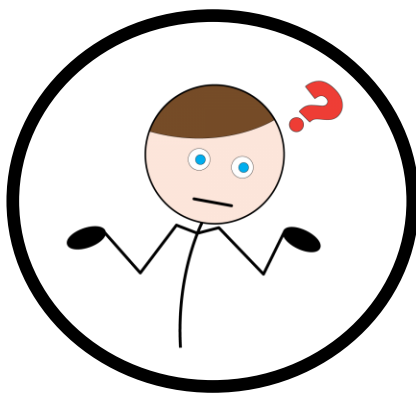
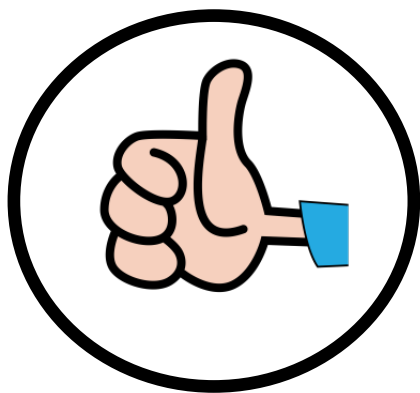
% Independence:

# How was it?

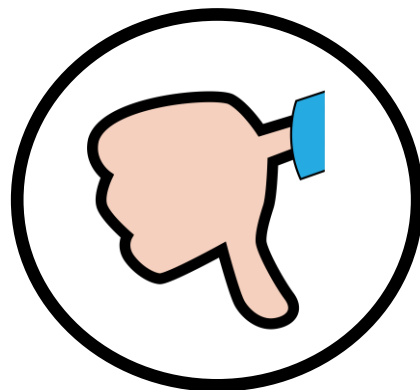
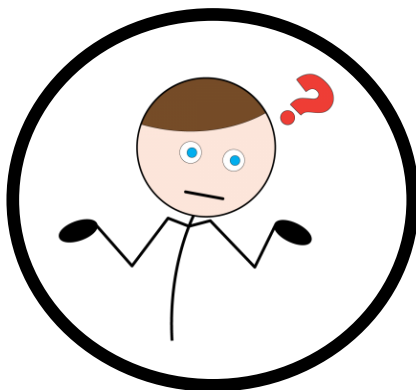
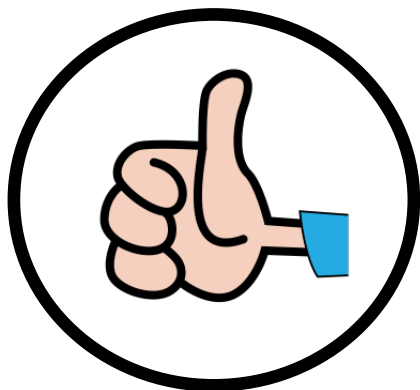
What did you make today?

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How did it feel?

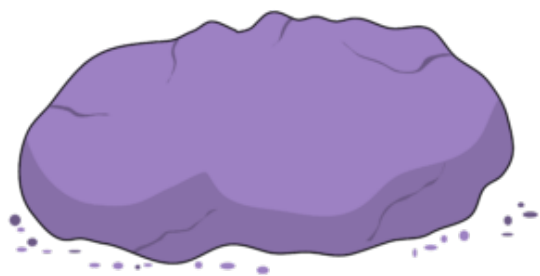


Would you make it again?







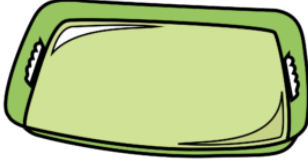
# SENSORY VISUAL RECIPES

Lavender  
Cloud  
Dough



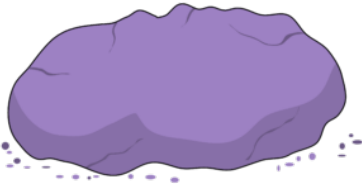


# Lavender Cloud Dough

## Tools & Materials

1	 <p>8 cups flour</p>
2	 <p>1 cup vegetable oil</p>
3	 <p>7 drops lavender essential oil</p>
4	 <p>Crushed purple chalk</p>
5	 <p>Large Container</p>

# Lavender Cloud Dough

1		Mix the flour and oil together in the container
2		Place chalk in a plastic bag and use a hammer and rolling pin to pulverize.
3		Add drops of essential oil.
4		Mix all together, add more essential oil as needed.
5		Play!



Name:

Date:

% Independence:

1	Sequencing
2	
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4	
5	

Name:

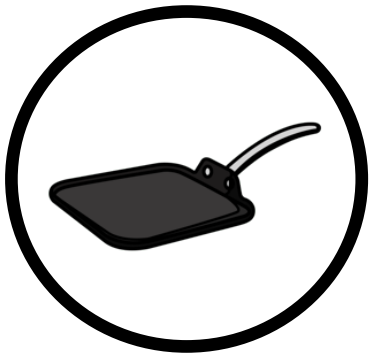
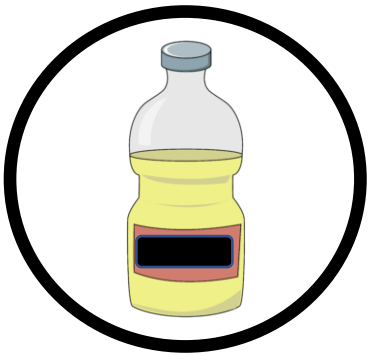
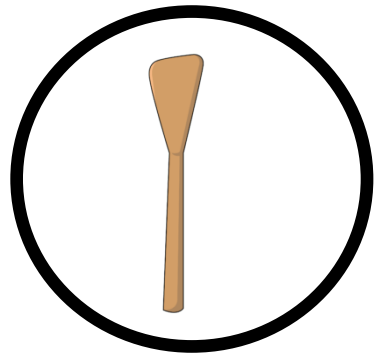
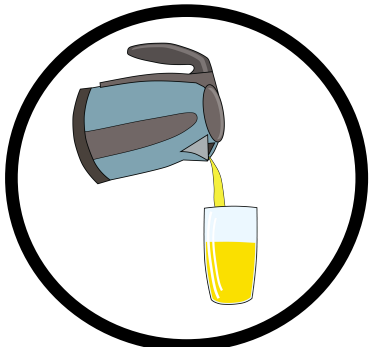
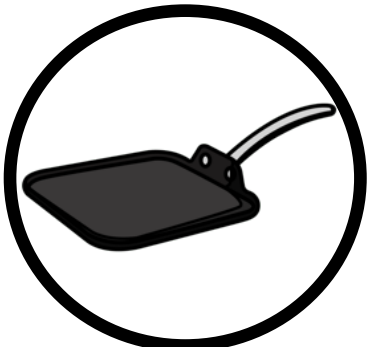
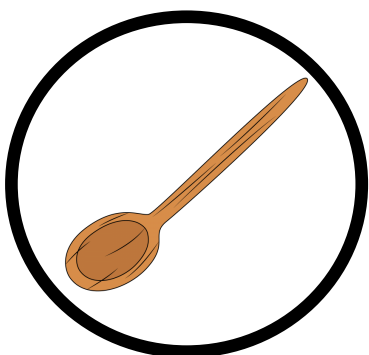
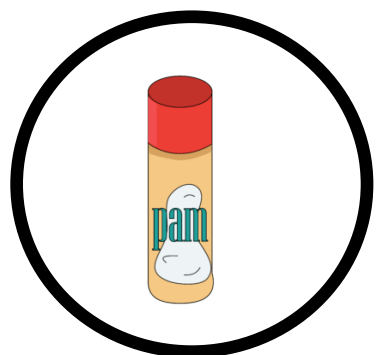
Date:

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# Experiment

## Tools & Materials

What did you use?



Name:

Date:

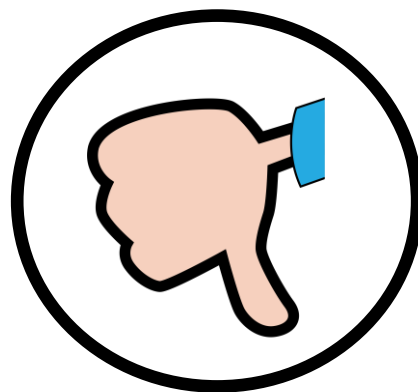
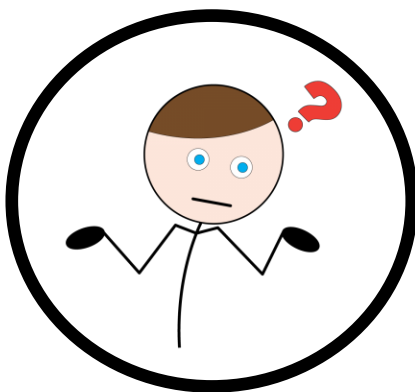
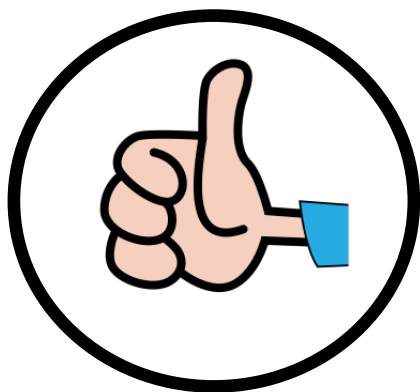
% Independence:

# How was it?

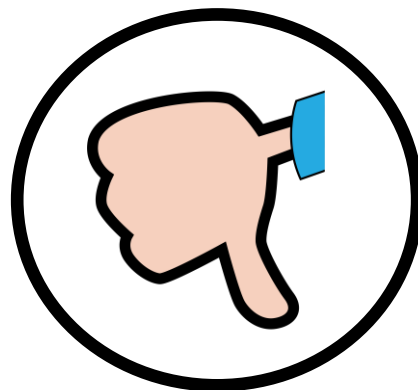
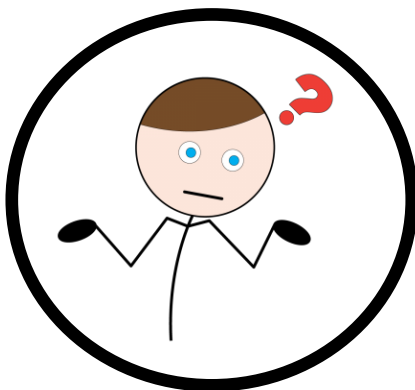
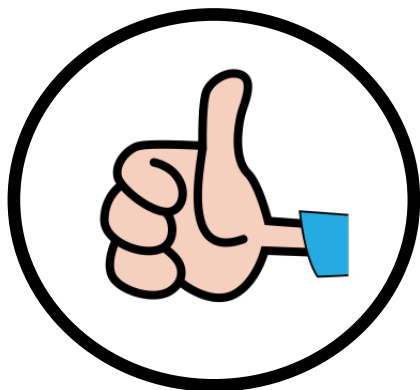
What did you make today?

---

How did it feel?



Would you make it again?



# SENSORY VISUAL RECIPES



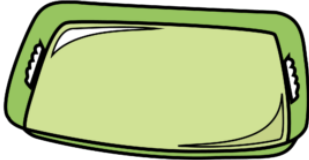
Play Snow





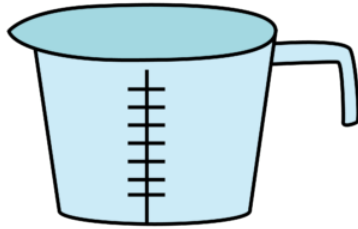
# Play Snow

## Tools & Ingredients

1	 <p>2 cups baking soda</p>
2	 <p>½ cup conditioner</p>
3	 <p>Large Container</p>

# Play Snow

1



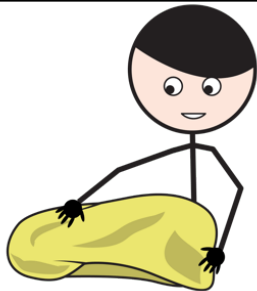
Measure ingredients

2



Mix together baking soda and conditioner

3



Mix with your hands until moldable

4



Play!

Name:

Date:

% Independence:

1	Sequencing
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Name:

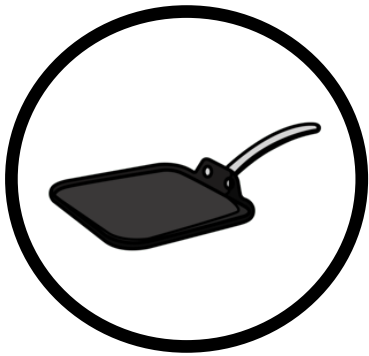
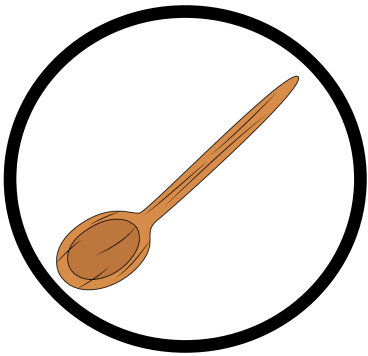
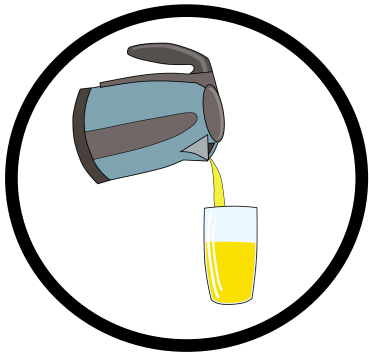
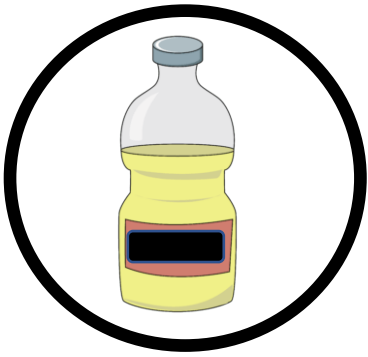
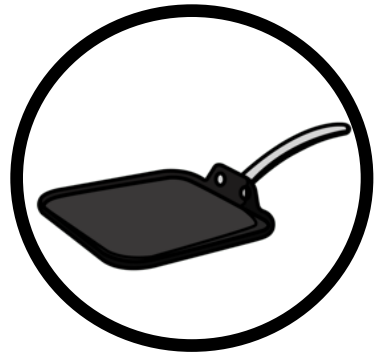
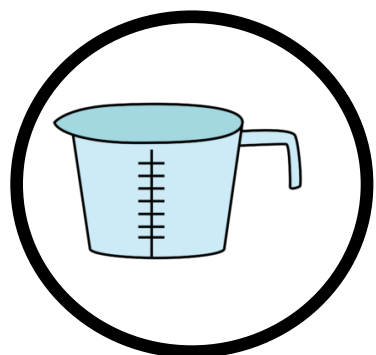
Date:

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# Experiment

## Tools & Materials

What did you use?





Name:

Date:

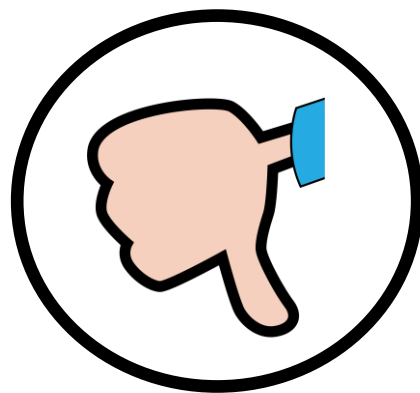
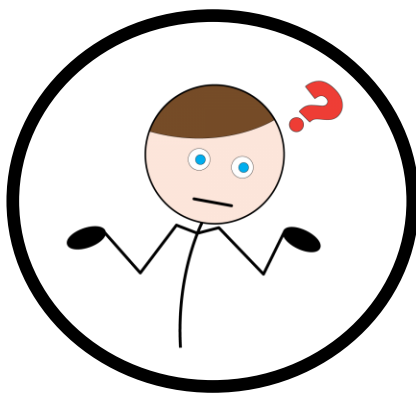
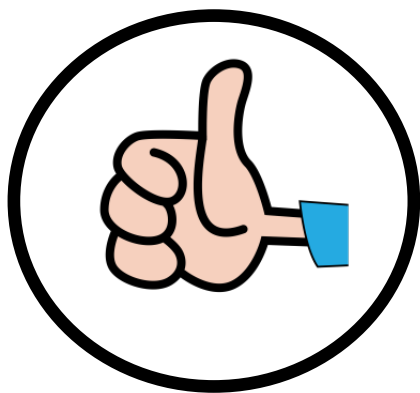
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# How was it?

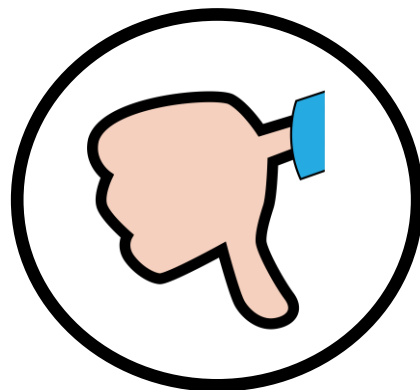
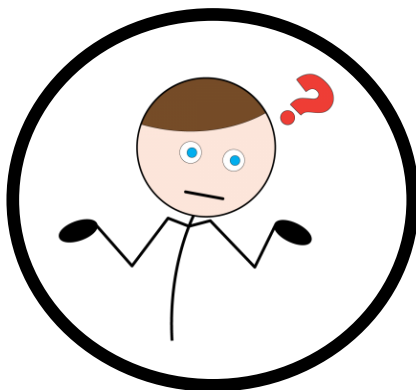
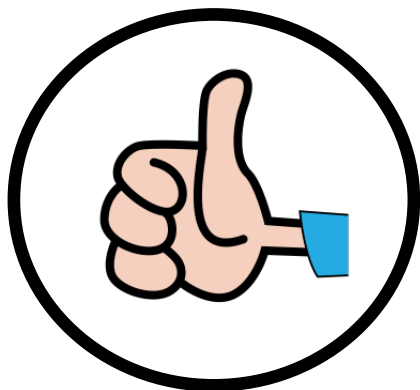
What did you make today?

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How did it feel?



Would you make it again?



# SENSORY VISUAL RECIPES

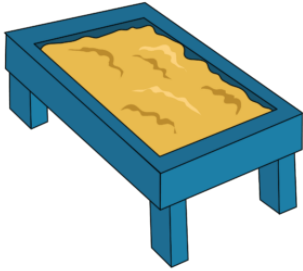
## Kinetic Sand



# Kinetic Sand

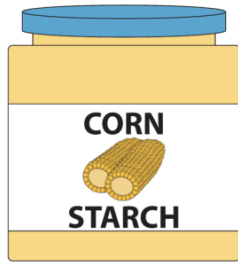
## Tools & Materials

1



50 pound bag of play sand

2



6 cups cornstarch

3



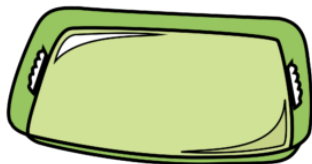
2 tablespoons dish soap

4



water

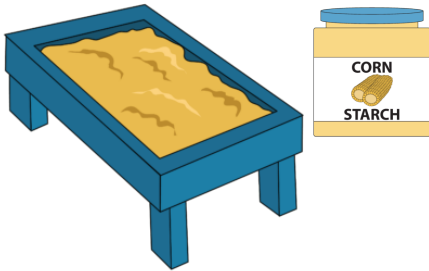
5



Large Container

# Kinetic Sand

1



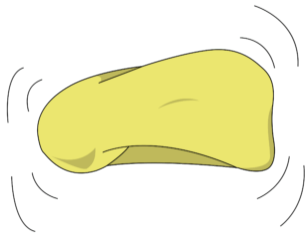
Mix sand and cornstarch

2



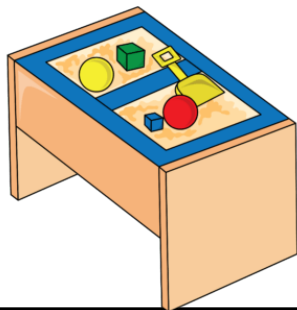
Mix together dishsoap  
and  $\frac{1}{4}$  cup water

3



Mix into sand mixture  
with your hands

4



Play!

Name:

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1	Sequencing
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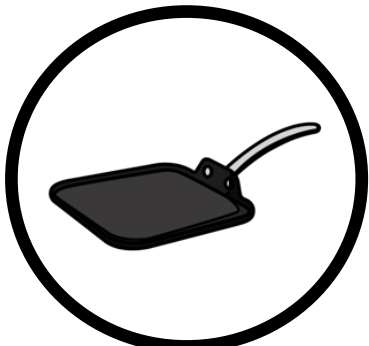
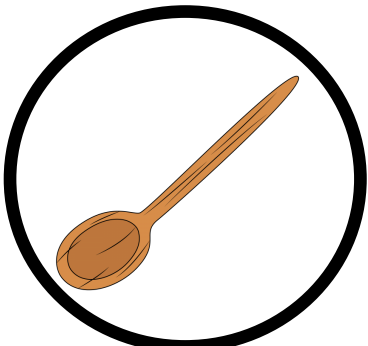
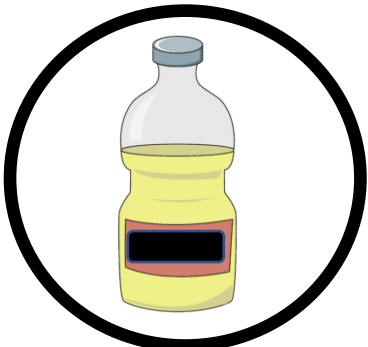
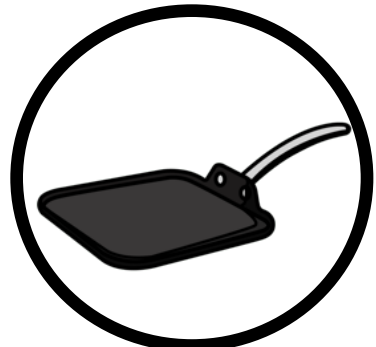
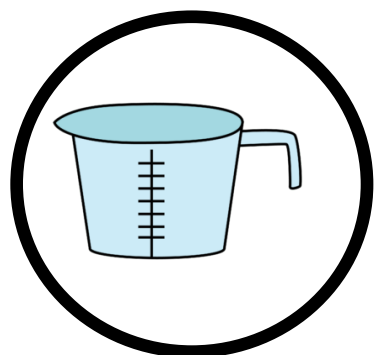
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# Experiments

## Tools & Materials

What did you use?



Name:

Date:

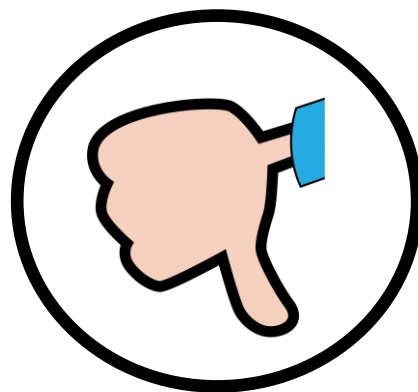
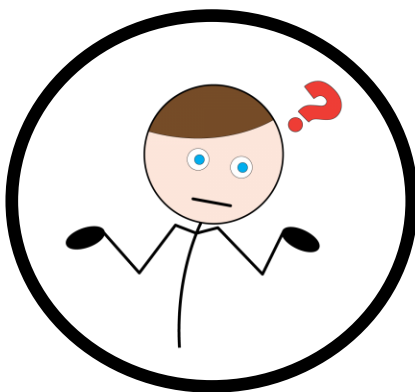
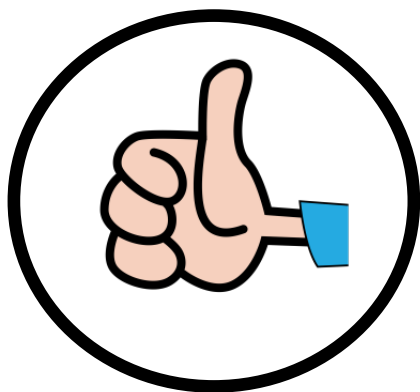
% Independence:

# How was it?

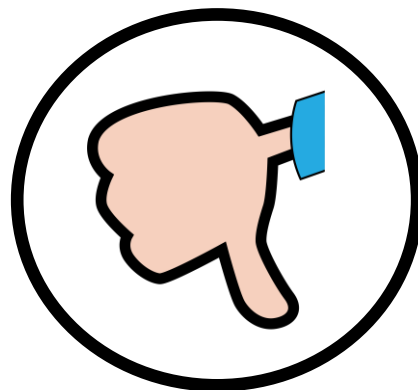
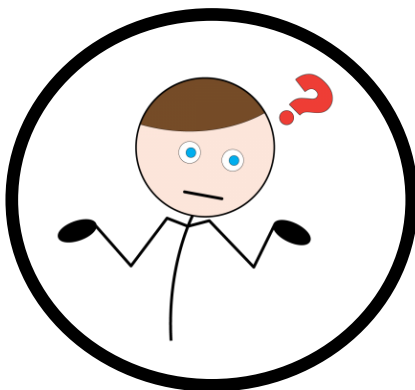
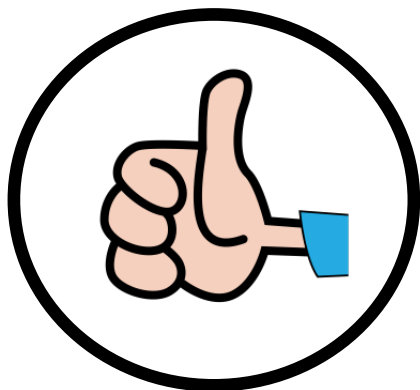
What did you make today?

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How did it feel?

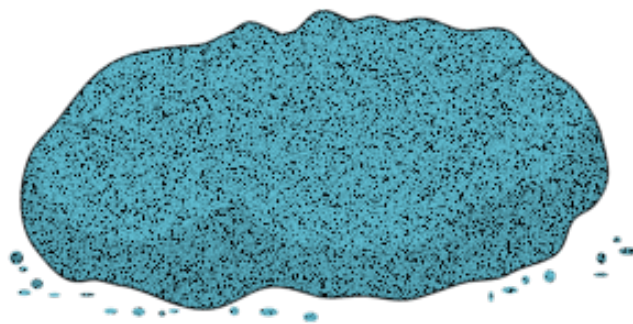


Would you make it again?



# SENSORY VISUAL RECIPES

Floam





# Floam

## Tools & Materials

1



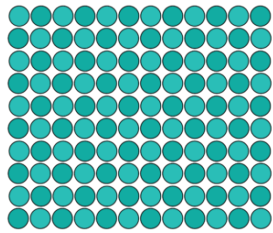
2 tsp Borax

2



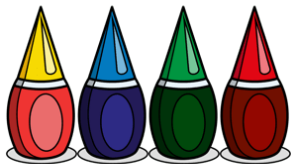
¼ cup Elmer's Glue

3



1/3 cup Poly-fil micro  
beads

4



Gel Food dye

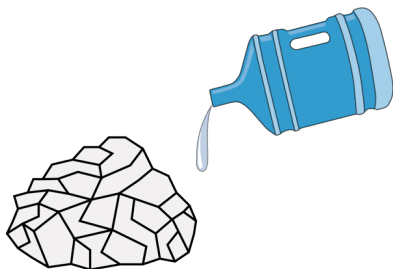
5



¾ cups water

# Floam

1



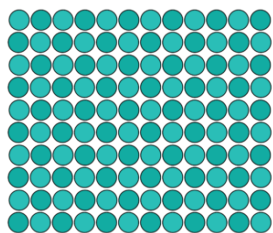
Combine Borax and  $\frac{1}{2}$  cup very warm water mix until Borax dissolves

2



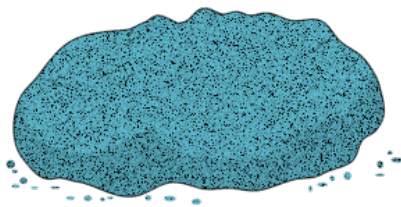
In separate bowl, combine elmers glue,  $\frac{1}{4}$  cup water, and 3 drops food coloring.

3



Pour all ingredients into a ziploc bag ( including polyfil!) and shake until combined.

4



Play!

Name:

Date:

% Independence:

1	Sequencing
2	
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4	
5	

Name:

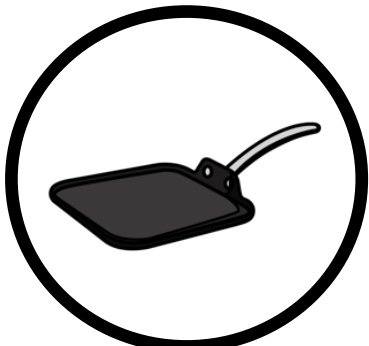
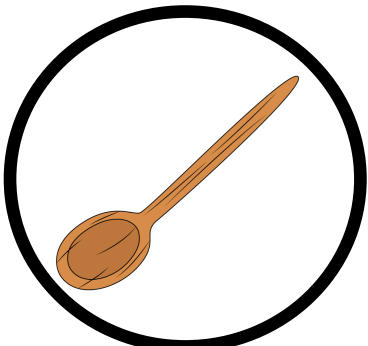
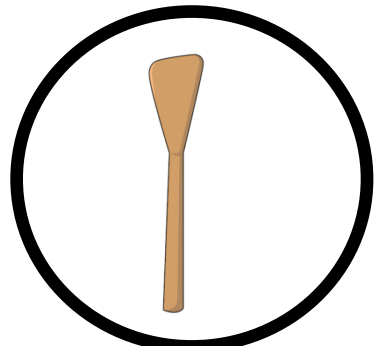
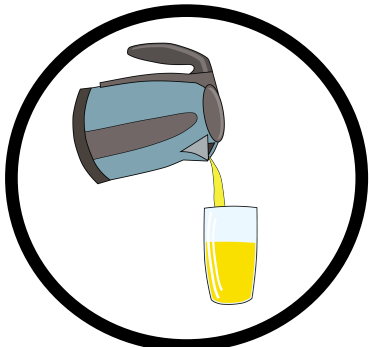
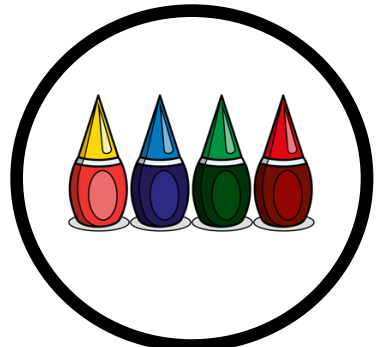
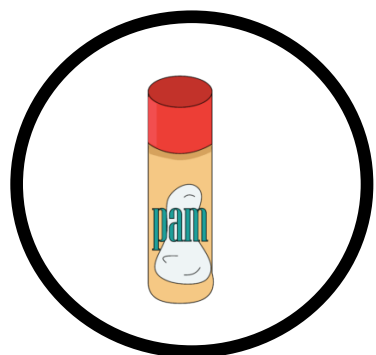
Date:

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# Experiments

## Tools & Materials

What did you use?



Name:

Date:

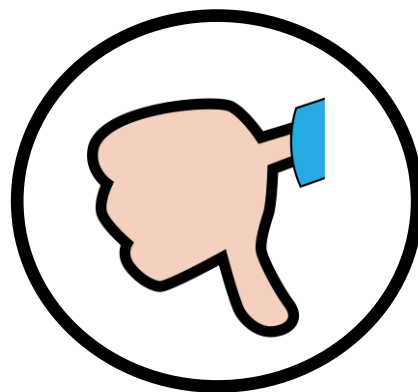
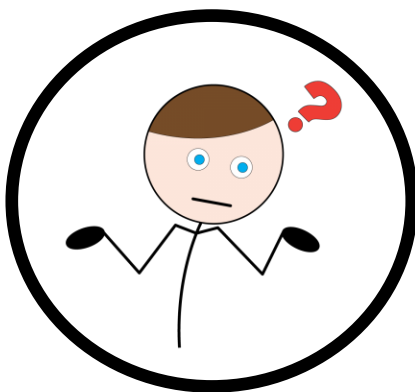
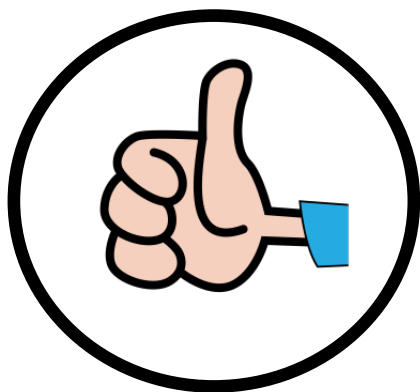
% Independence:

# How was it?

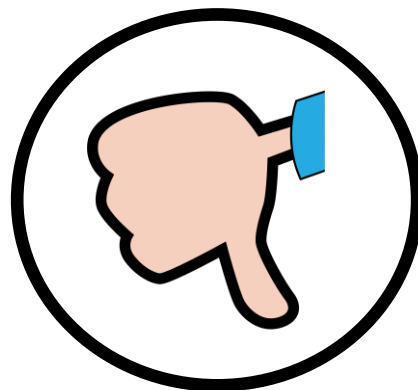
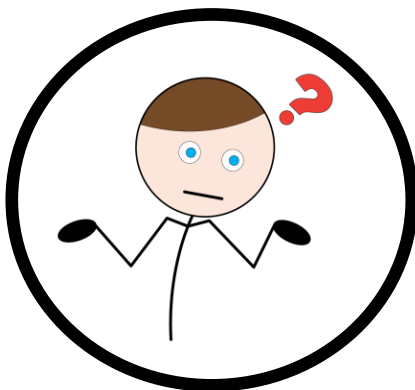
What did you make today?

---

How did it feel?



Would you make it again?



# SENSORY VISUAL RECIPES

slime



# Slime

## Tools & Materials

1



1 tsp Borax

2



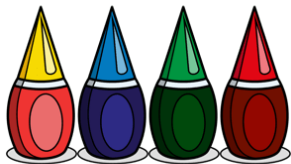
2 bottles Elmer's Glue

3



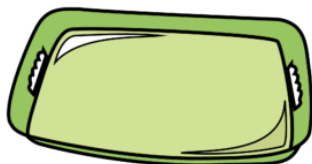
1 cup very warm water

4



Gel Food dye

5



Large container

# Slime

1



Combine Borax and 1/2 cup very warm water mix until Borax dissolves

2



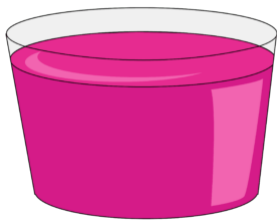
In separate bowl, combine elmers glue and 1/2 cup very warm water, and 3 drops food coloring.

3



Pour all ingredients into a container and mix

4



Play!



Name:

Date:

% Independence:

1	Sequencing
2	
3	
4	
5	

Name:

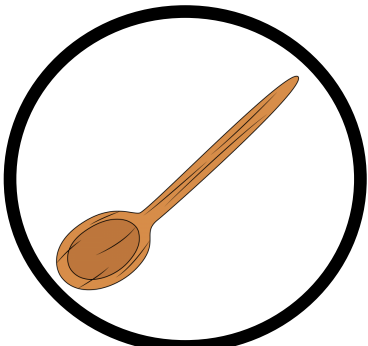
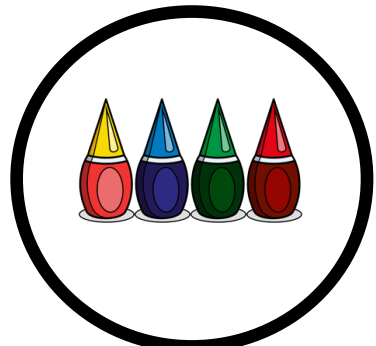
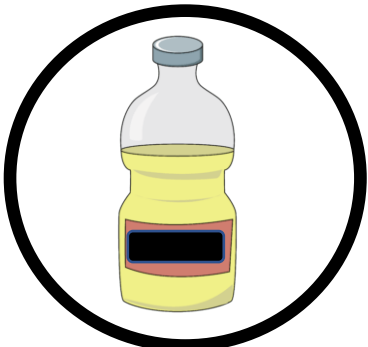
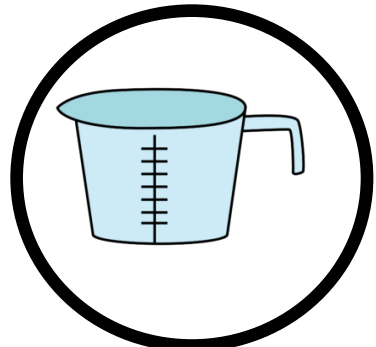
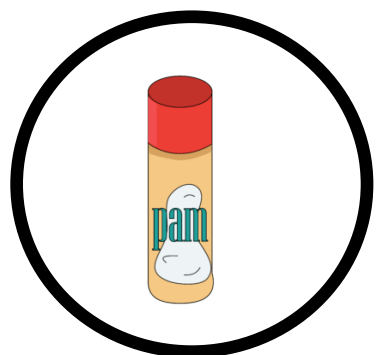
Date:

% Independence:

# Experiment

## Tools & Materials

What did you use?



Name:

Date:

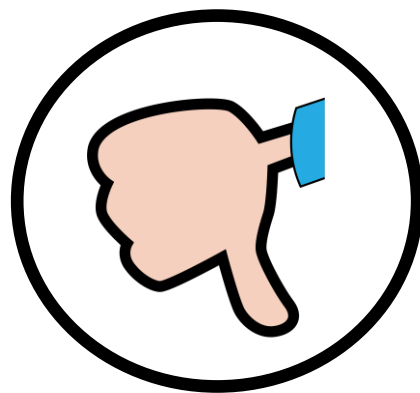
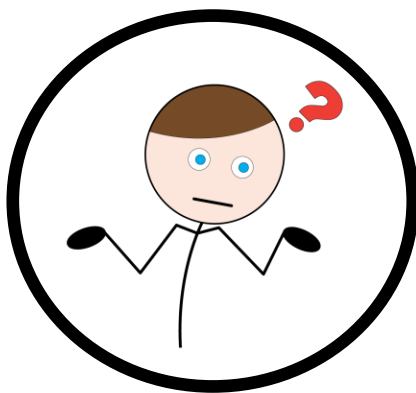
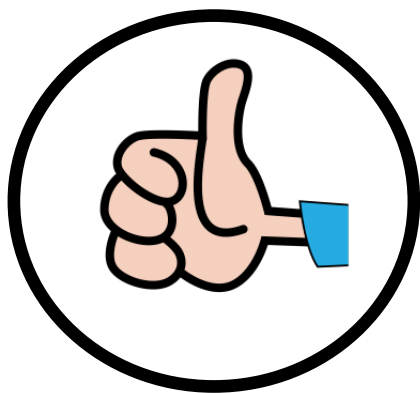
% Independence:

# How was it?

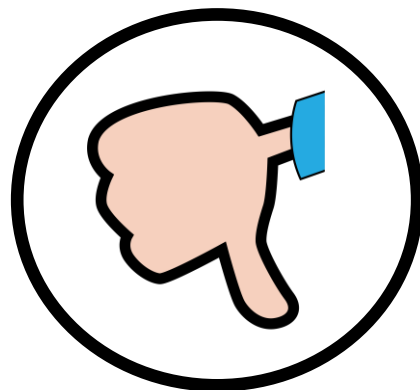
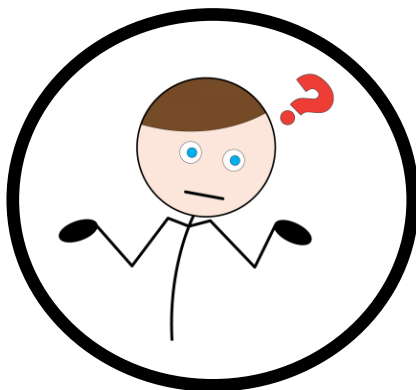
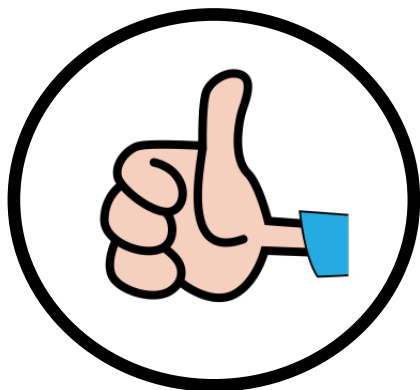
What did you make today?

---

How did it feel?



Would you make it again?



# SENSORY VISUAL RECIPES

Play Dough



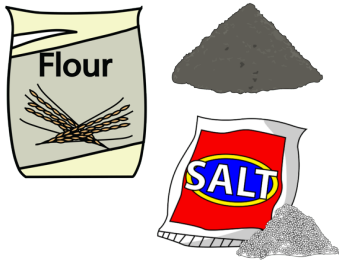
# Play Dough

## Tools & Materials

1		2 cups flour
2		2 tablespoons vegetable oil
3		$\frac{1}{2}$ cup salt
4		2 tablespoons cream of tartar
5		1 cup boiling water Food coloring if wanted

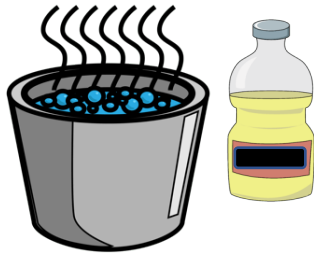
# Play Dough

1



Mix flour, salt, cream of tartar, and oil in a bowl.

2



Boil water and add food coloring, then pour into bowl with other ingredients.

3



Mix and allow to cool then knead vigorously.

4



Play!

Name:

Date:

% Independence:

1	Sequencing
2	
3	
4	
5	

Name:

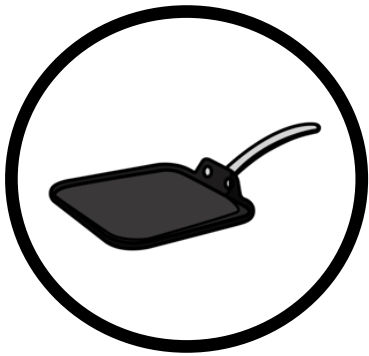
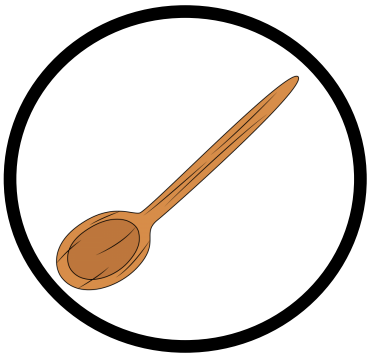
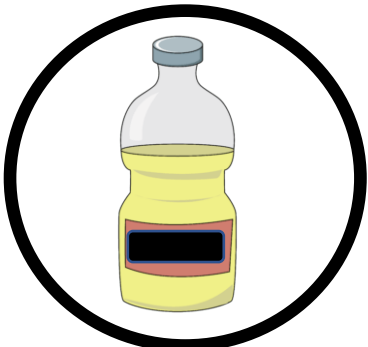
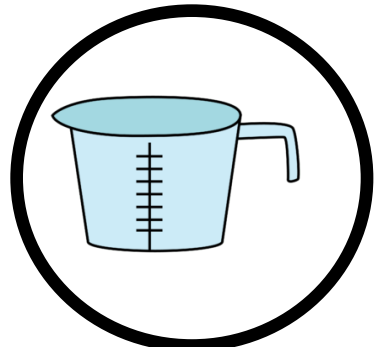
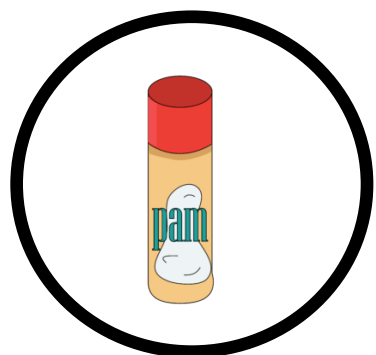
Date:

% Independence:

# Experiment

## Tools & Materials

What did you use?





Name:

Date:

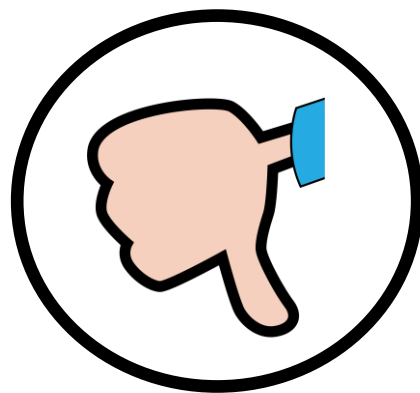
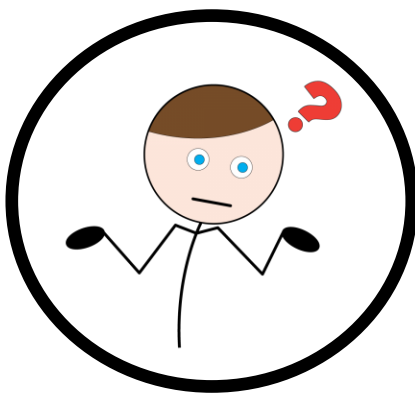
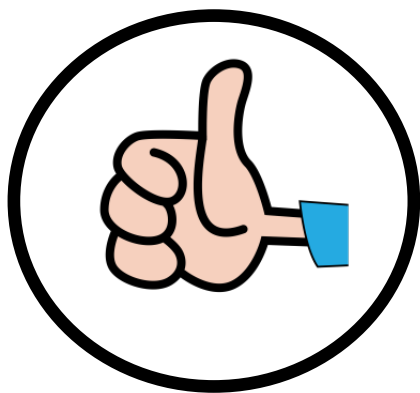
% Independence:

# How was it?

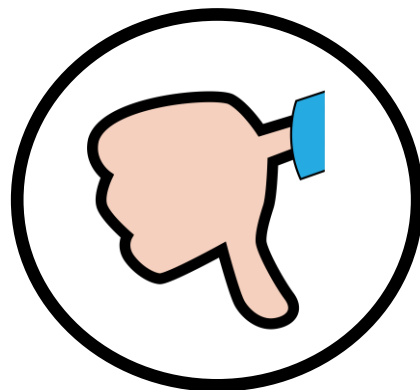
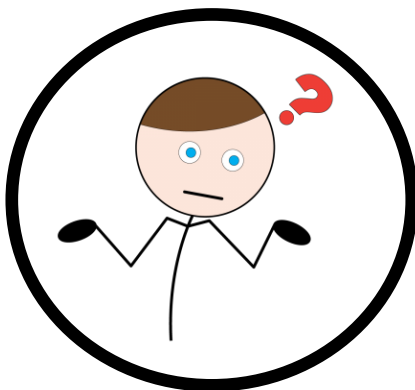
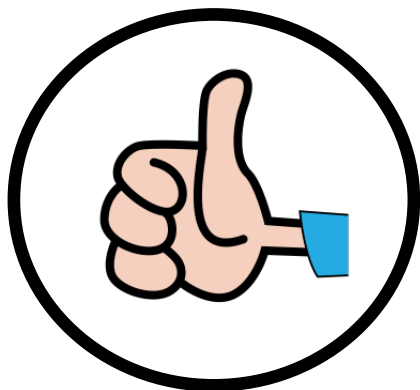
What did you make today?

---

How did it feel?



Would you make it again?



# SENSORY VISUAL RECIPES

Frozen  
Shaving  
Cream



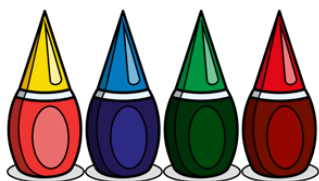
# Frozen Shaving Cream Tools & Materials

1



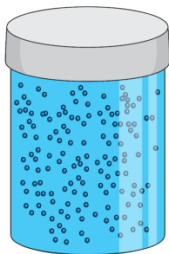
Shaving Cream

2



Food Coloring

3



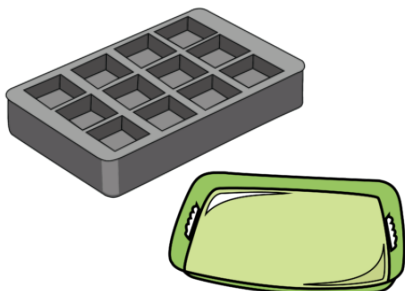
Glitter

4



Water

5

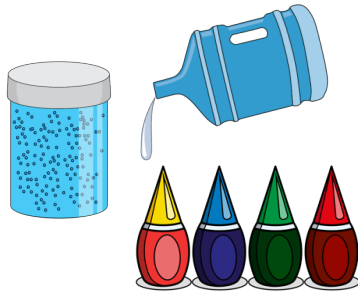


Ice cube trays

Large container

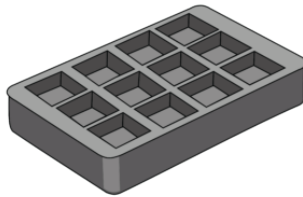
# Frozen Shaving Cream

1



Mix water and glitter to make ice mixture.

2



Use different size ice cube trays to make ice cubes.  
Pour mixture into trays.

3



Once frozen, place ice cubes in container, spray shaving cream all over ice

4



Play and Let it go!!

Name:

Date:

% Independence:

1	Sequencing
2	
3	
4	
5	

Name:

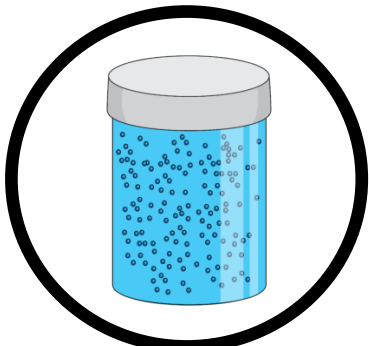
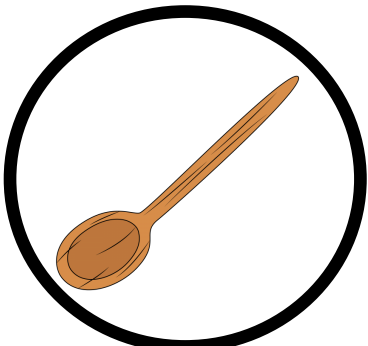
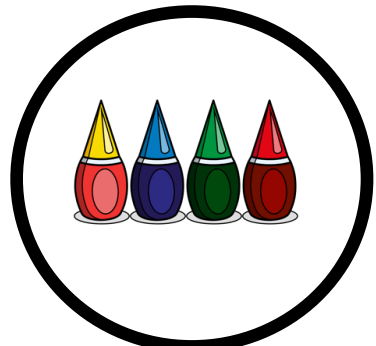
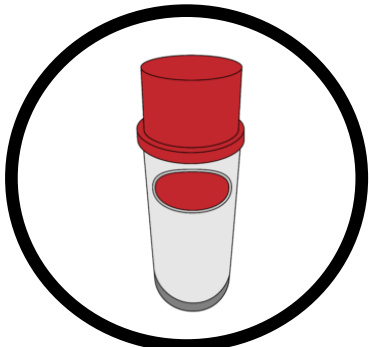
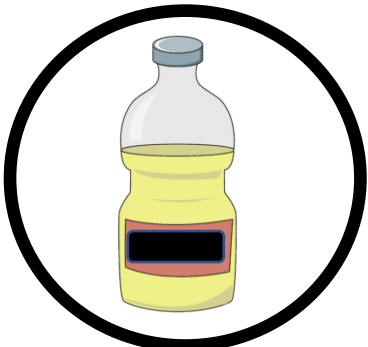
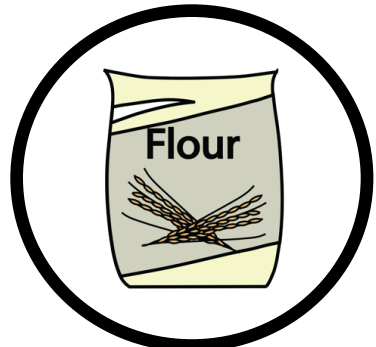
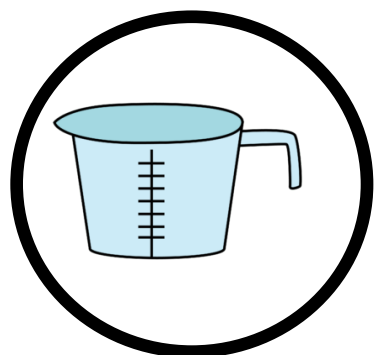
Date:

% Independence:

# Experiment

## Tools & Materials

What did you use?



Name:

Date:

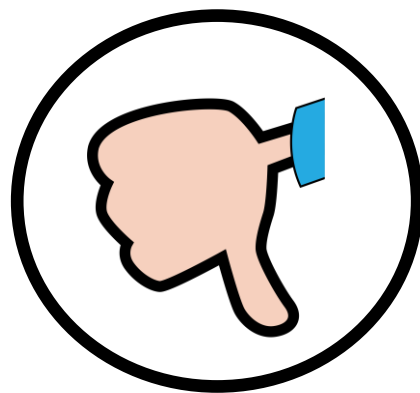
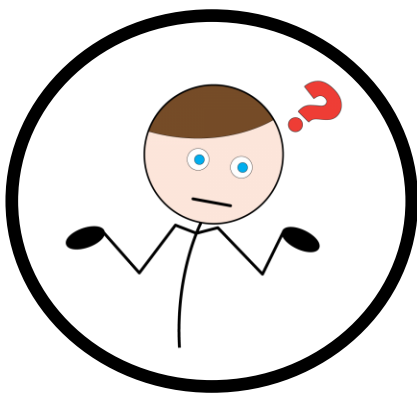
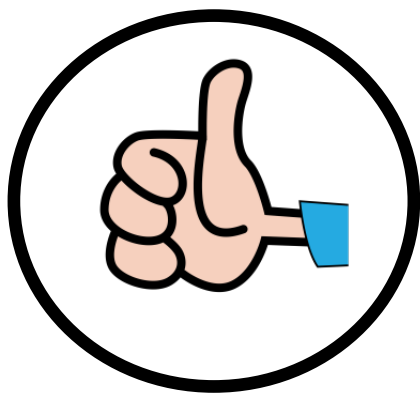
% Independence:

# How was it?

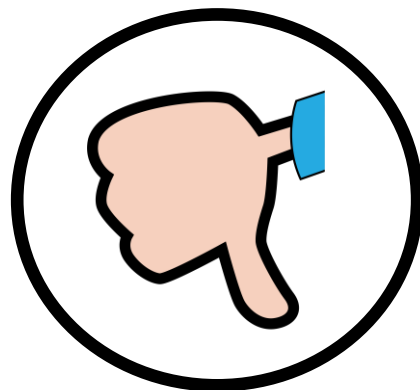
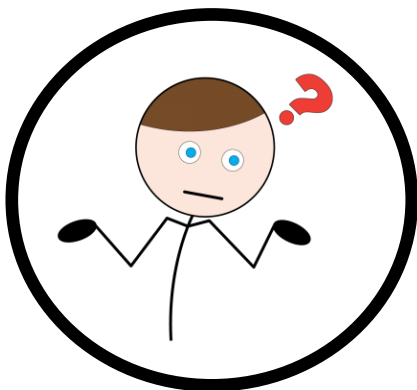
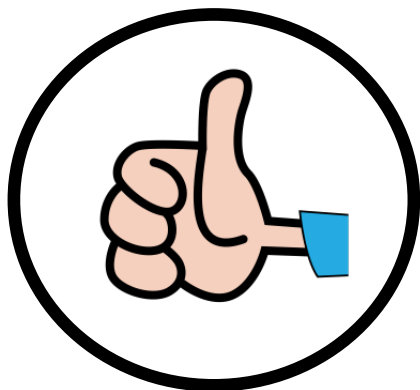
What did you make today?

---

How did it feel?



Would you make it again?



# SENSORY VISUAL RECIPES

Puffy  
Paint





# Puffy Paint

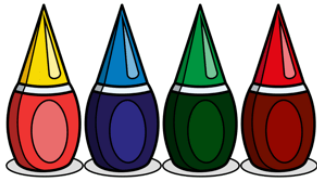
## Tools & Materials

1



1 cup Shaving Cream

2



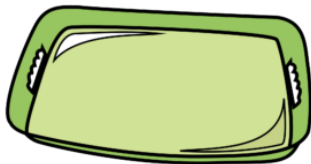
Food Coloring

3



1 cup glue

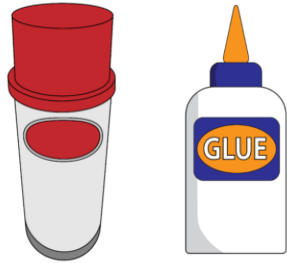
4



Large container

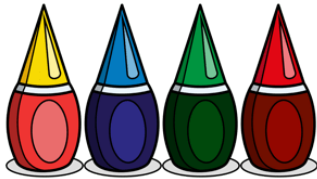
# Puffy Paint

1



Mix equal parts shaving cream and glue.

2



Add food coloring. Split into different bowls for multiple colors.

3



Mix all together and paint or just use in sensory table!

4



Play

Name:

Date:

% Independence:

1	Sequencing
2	
3	
4	
5	

Name:

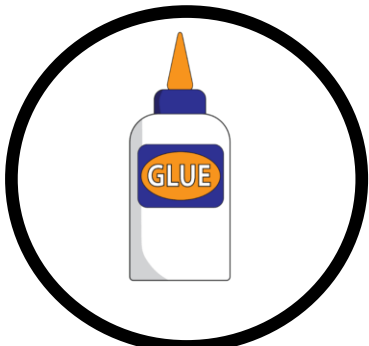
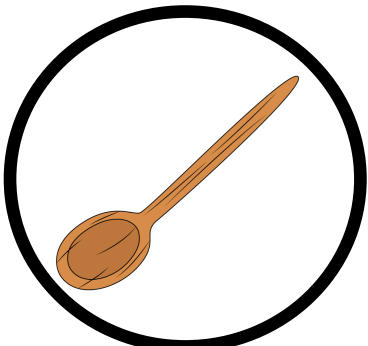
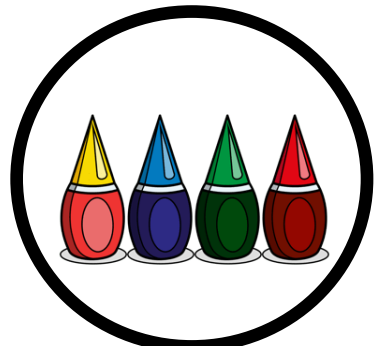
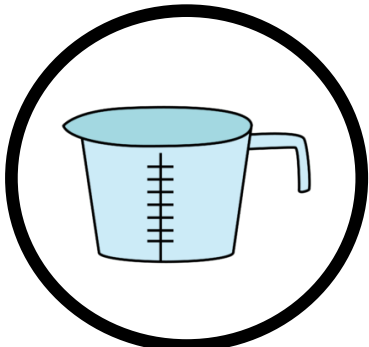
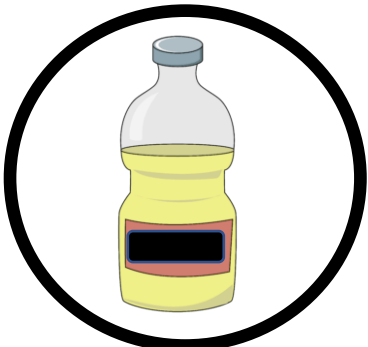
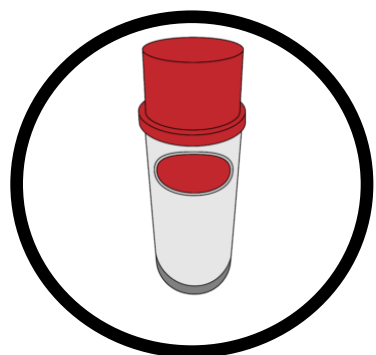
Date:

% Independence:

# Experiment

## Tools & Materials

What did you use?



Name:

Date:

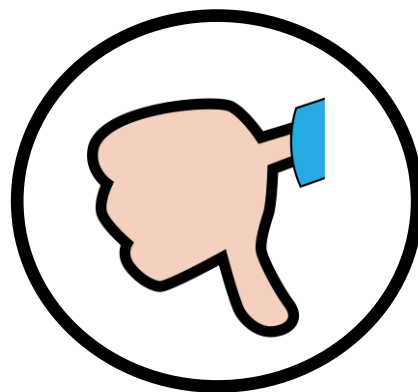
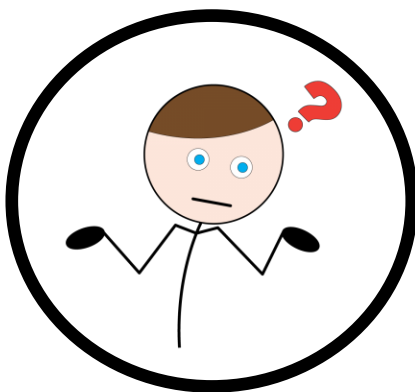
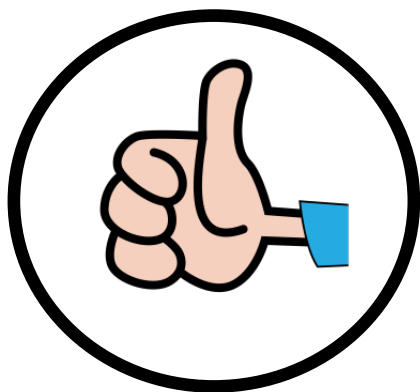
% Independence:

# How was it?

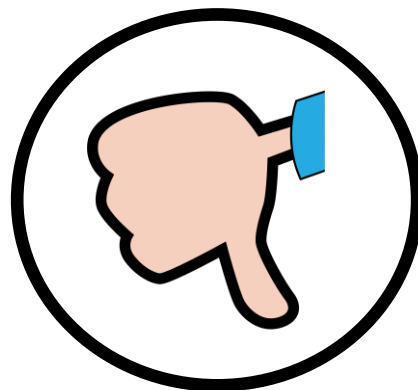
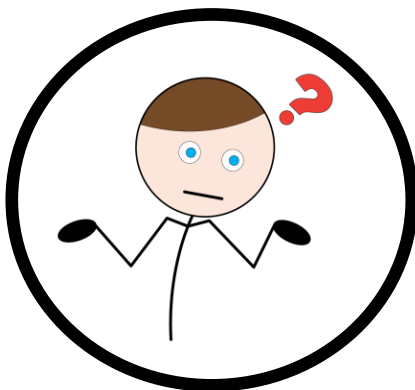
What did you make today?

---

How did it feel?

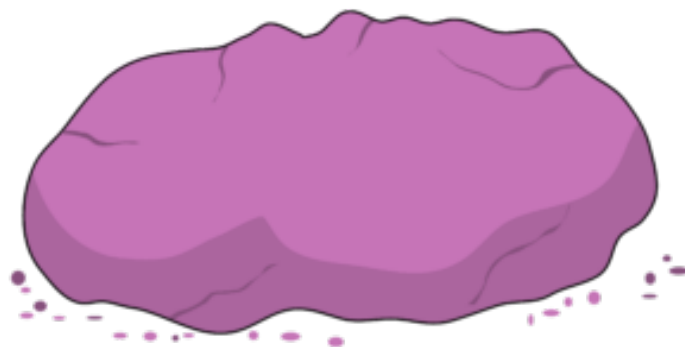


Would you make it again?







# SENSORY VISUAL RECIPES

## Fuzzy Cloud Dough



# Fizzy Cloud Dough

## Tools & Materials

1	 <p>1 cup flour</p>
2	 <p>1 cup baking soda</p>
3	 <p>1 cup vegetable oil</p>
4	 <p>1 cup vinegar</p>

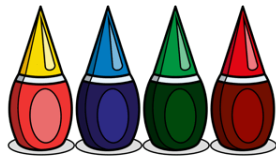
# Fizzy Cloud Dough

1



Mix flour, baking soda, and vegetable oil to make the cloud dough.

2



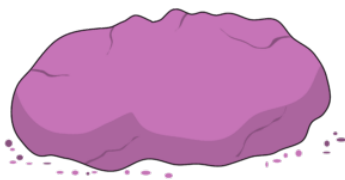
Add gel food coloring to color the dough if wanted.

3



Use spray bottles or eye droppers to spray vinegar into the mixture and watch it fizz!

4



Play



Name:

Date:

% Independence:

1	Sequencing
2	
3	
4	
5	

Name:

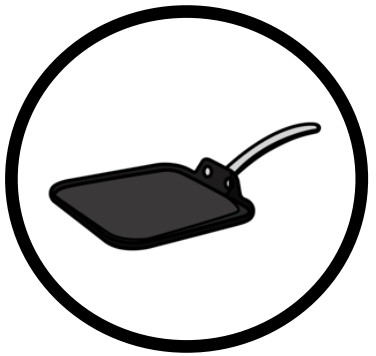
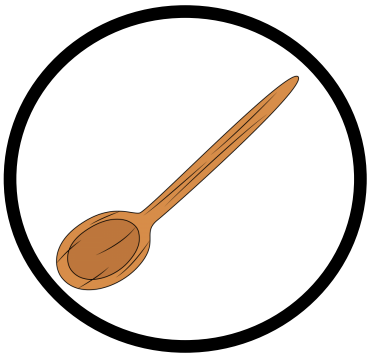
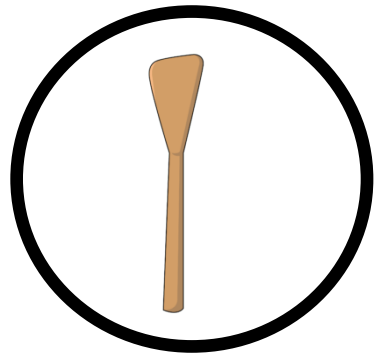
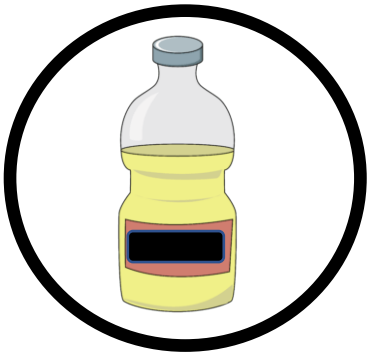
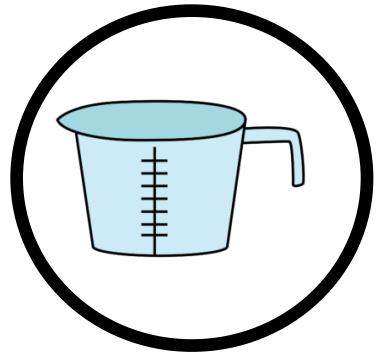
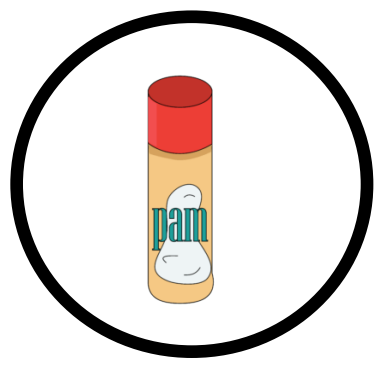
Date:

% Independence:

# Experiment

## Tools & Materials

What did you use?



Name:

Date:

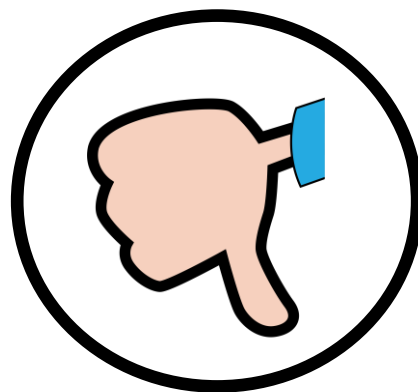
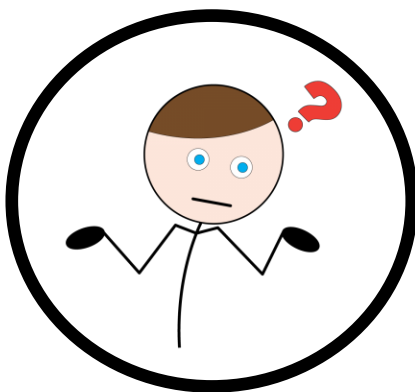
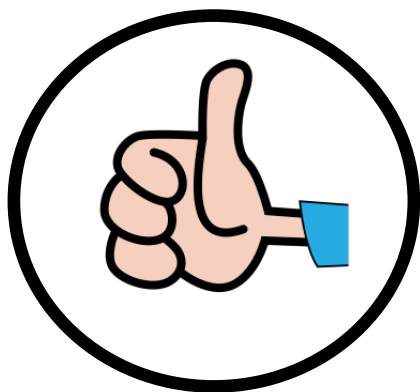
% Independence:

# How was it?

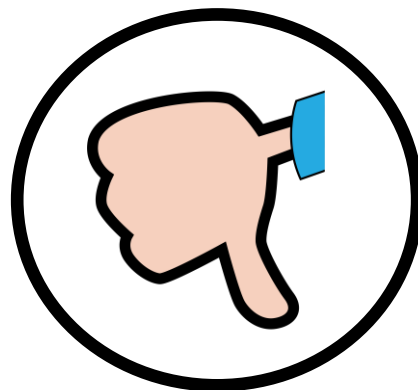
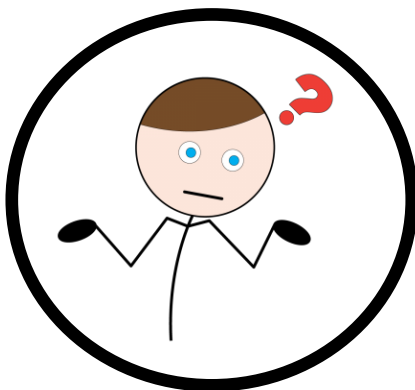
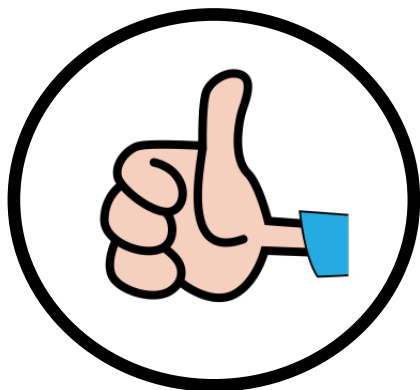
What did you make today?

---

How did it feel?



Would you make it again?




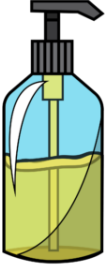

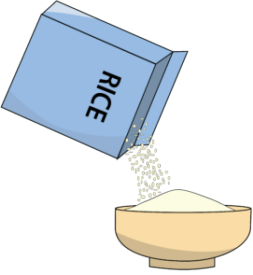

# SENSORY VISUAL RECIPES

## Texture Balloons



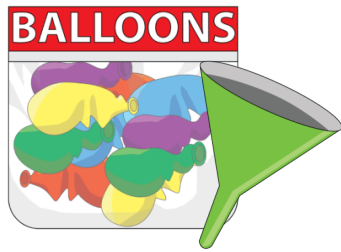
# Texture Balloons

## Tools & Materials

1	 <p>Empty Balloons Funnel</p>
2	 <p>Soap</p>
3	 <p>Flour</p>
4	 <p>Rice</p>
5	 <p>Corn</p>

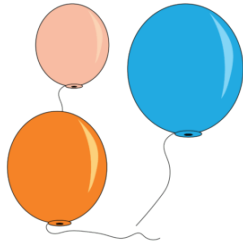
# Texture Balloons

1



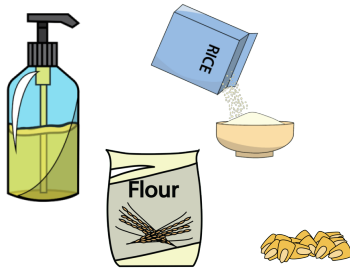
Fill each balloon with a different material

2



Tie the end of the balloon.

3



Match the balloon to the material!

4



Play and explore!

# Texture Balloons

1

**SOAP**



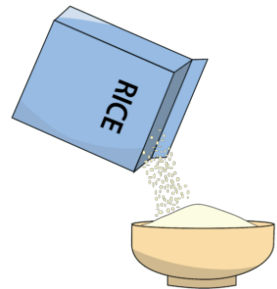
2

**FLOUR**



3

**RiCE**



4

**CORN**



Name:

Date:

% Independence:

1	Sequencing
2	
3	
4	
5	



Name:

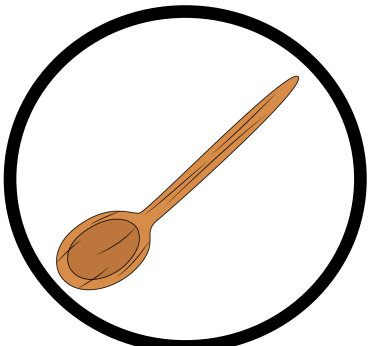
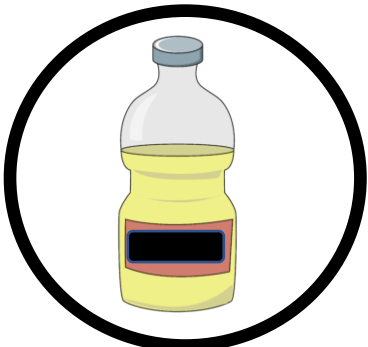
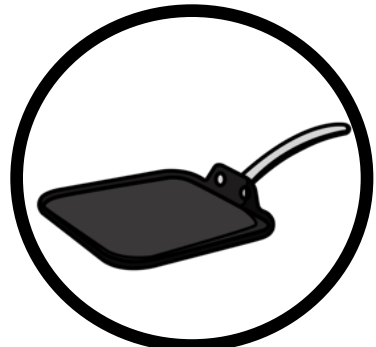
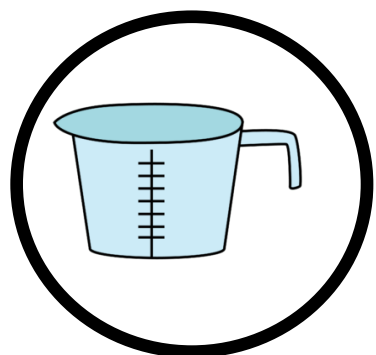
Date:

% Independence:

# Experiment

## Tools & Materials

What did you use?



Name:

Date:

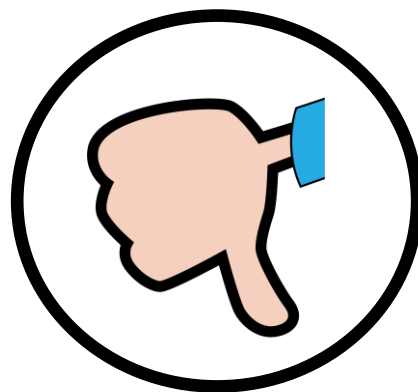
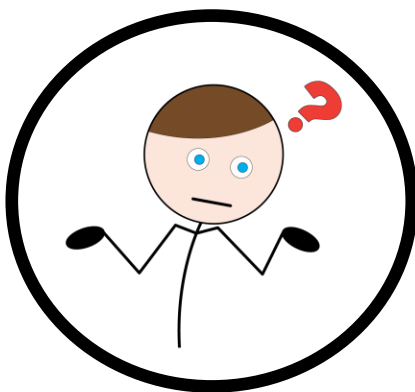
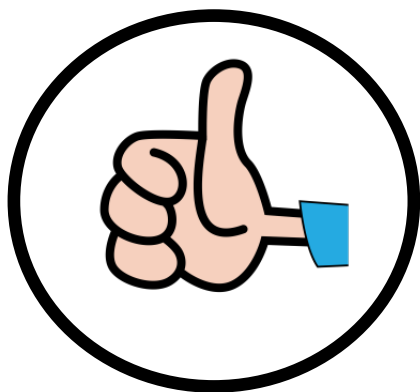
% Independence:

# How was it?

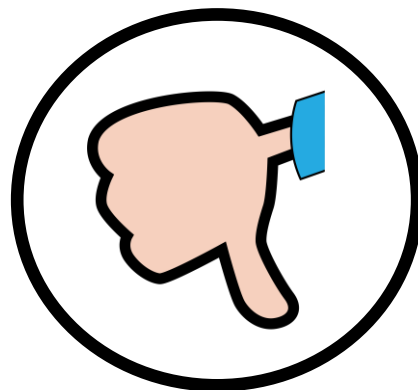
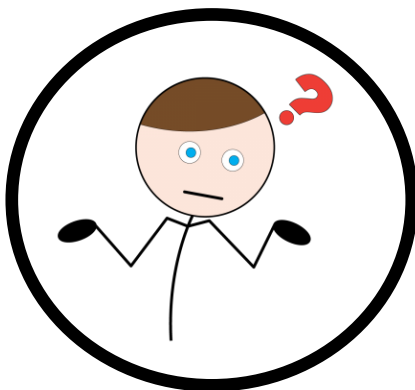
What did you make today?

---

How did it feel?



Would you make it again?



# SENSORY VISUAL RECIPES

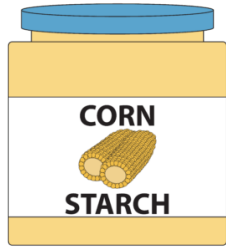
Jello  
Dough



# Jello Dough

## Tools & Materials

1



1 cup cornstarch

2



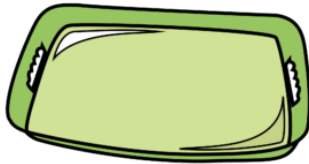
1 box strawberry jello

3



4 tablespoons water

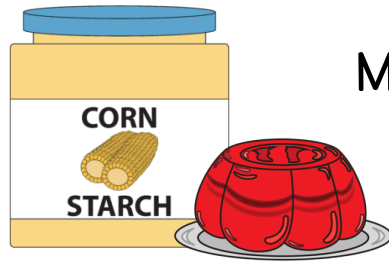
4



Large container

# Jello Dough

1



Mix cornstarch and jello mix

2



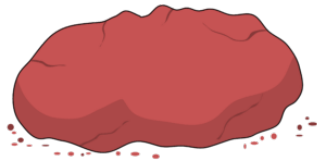
Slowly add in water until mixture forms dough

3



Add more water and cornstarch as needed.

4



Play

Name:

Date:

% Independence:

1	Sequencing
2	
3	
4	
5	

Name:

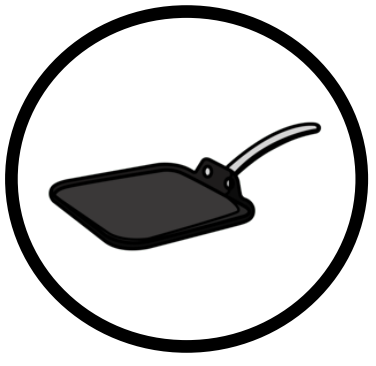
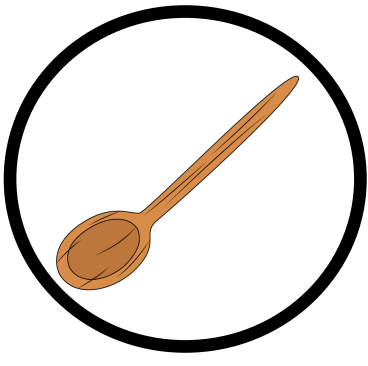
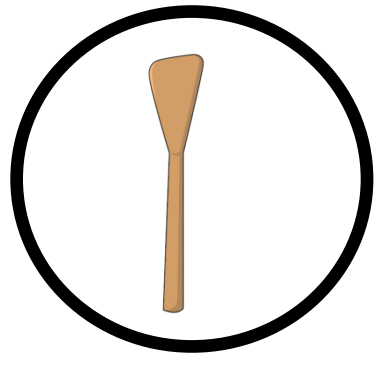
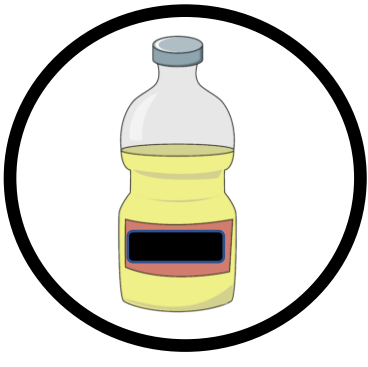
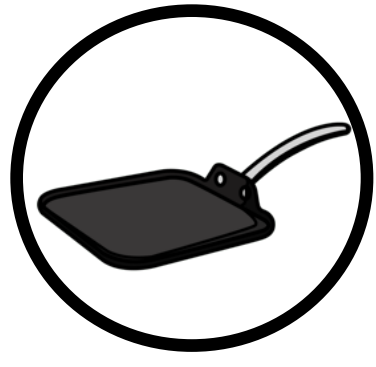
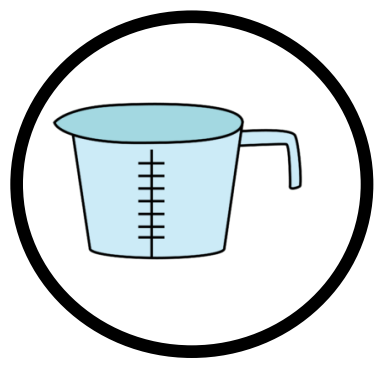
Date:

% Independence:

# Experiment

## Tools & Materials

What did you use?



Name:

Date:

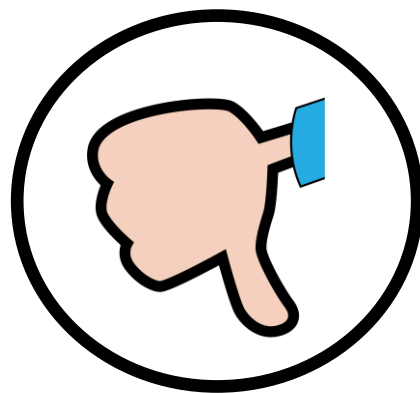
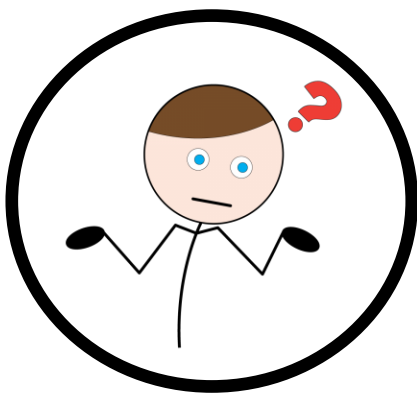
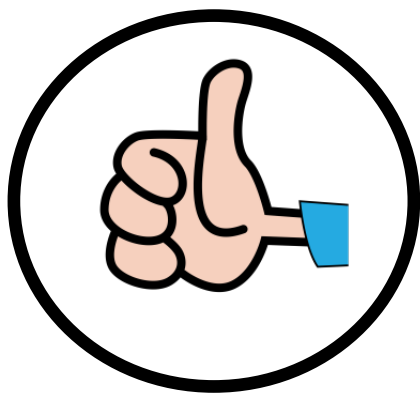
% Independence:

# How was it?

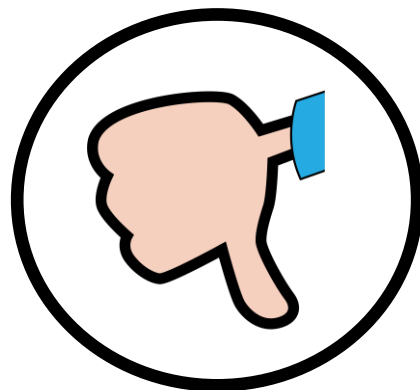
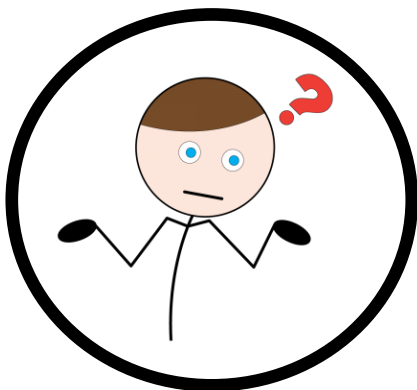
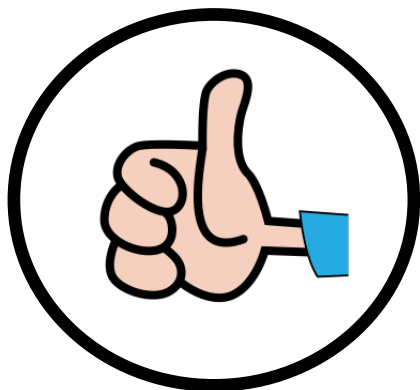
What did you make today?

---

How did it feel?



Would you make it again?





# SENSORY VISUAL RECIPES

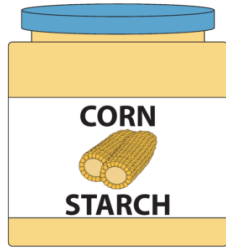
## Soap Dough



# Soap Dough

## Tools & Materials

1



1 cup cornstarch

2



$\frac{1}{4}$  cup liquid dish soap

3



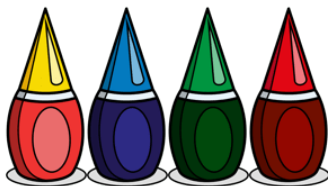
$\frac{1}{4}$  cup water

4



2 tsp vegetable oil

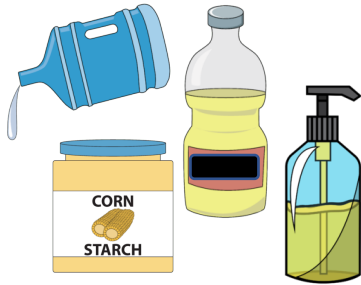
5



Food coloring

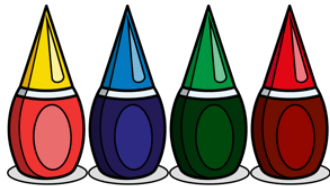
# Soap Dough

1



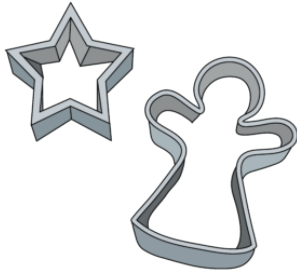
Mix cornstarch, soap, water, and vegetable oil.

2



Add in food coloring and mix

3



Add cookie cutters!

4



Play

Name:

Date:

% Independence:

1	Sequencing
2	
3	
4	
5	

Name:

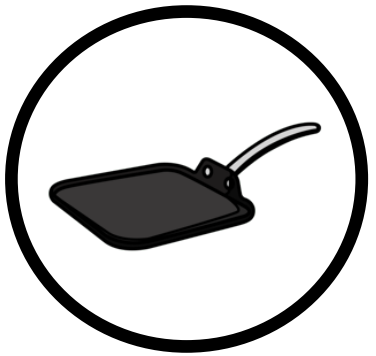
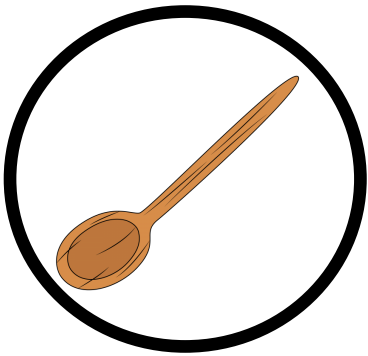
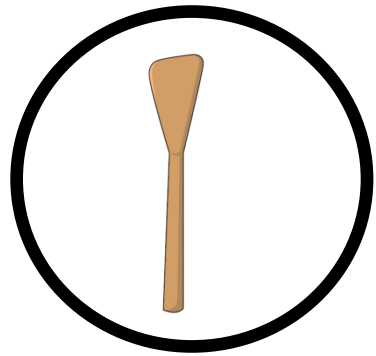
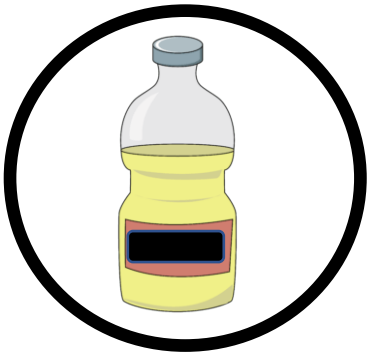
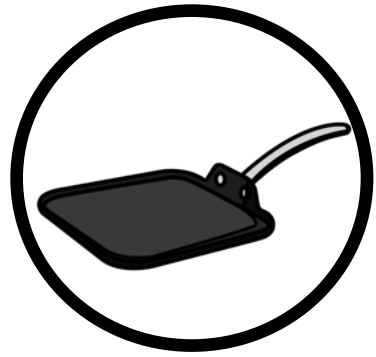
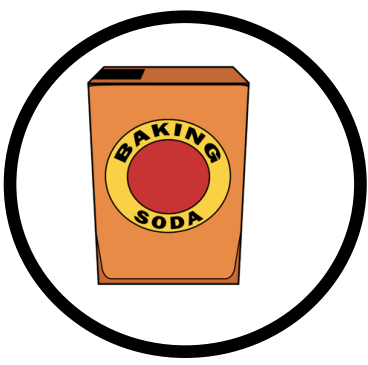
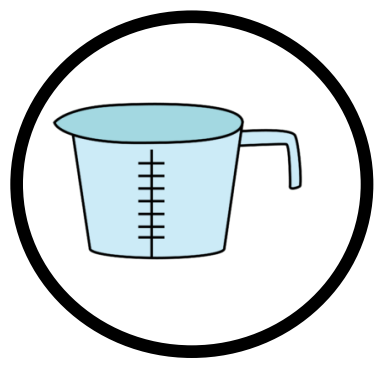
Date:

% Independence:

# Experiment

## Tools & Materials

What did you use?



Name:

Date:

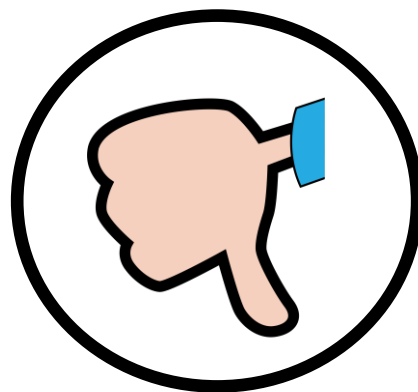
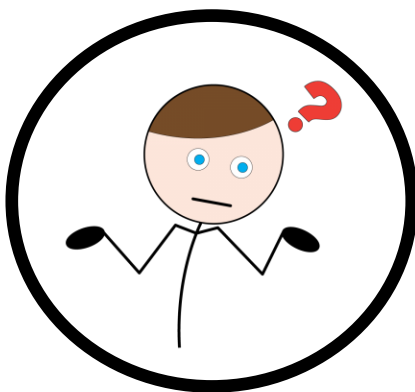
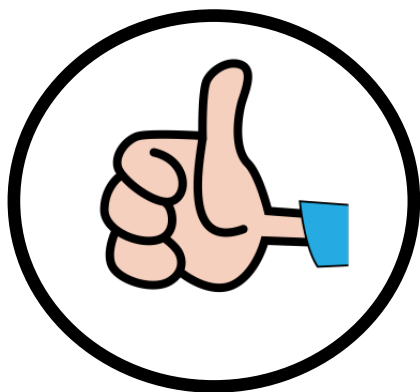
% Independence:

# How was it?

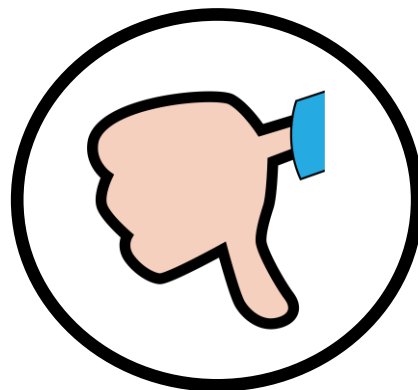
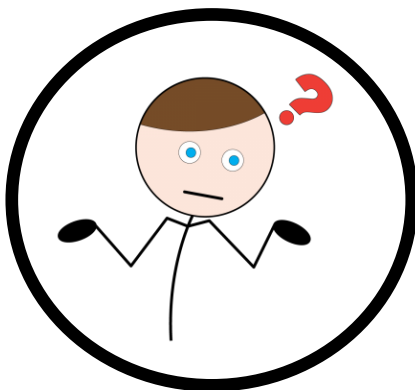
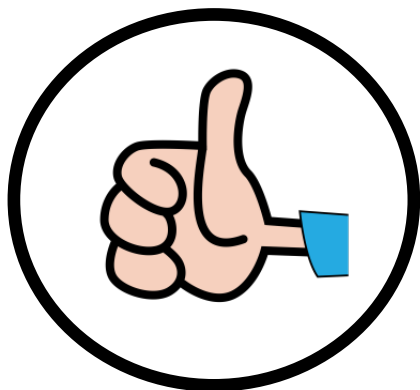
What did you make today?

---

How did it feel?



Would you make it again?



# SENSORY VISUAL RECIPES

## Pudding Paint



# Pudding Paint

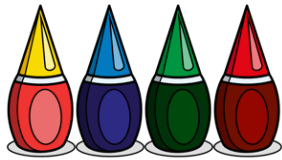
## Tools & Materials

1



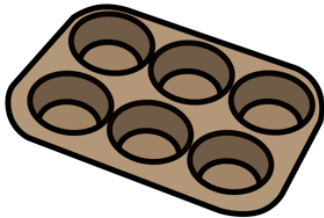
1 vanilla pudding package

2



Food Coloring

3



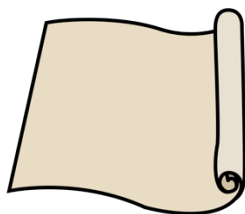
Muffin Tin

4



Spoon

5



Paper



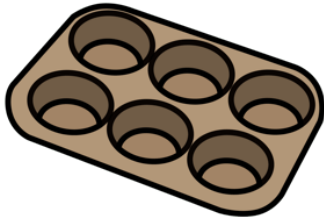
# Pudding Paint

1



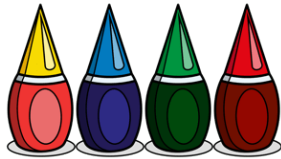
Prepare the pudding according to the package.

2



Divide the pudding into the 6 cups of the muffin tin evenly.

3



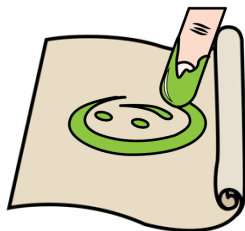
Add a different color food coloring to each section.

4



Use the spoon to mix each cup separately.

5



Use your fingers to paint with the pudding!

Name:

Date:

% Independence:

1	Sequencing
2	
3	
4	
5	

Name:

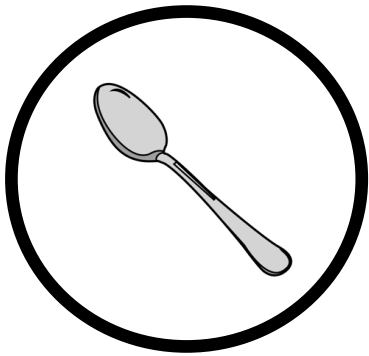
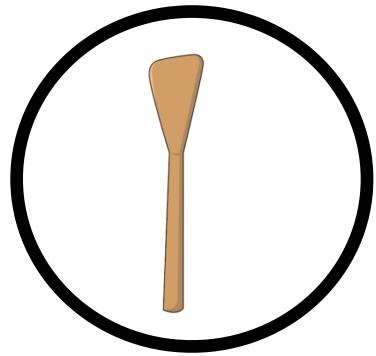
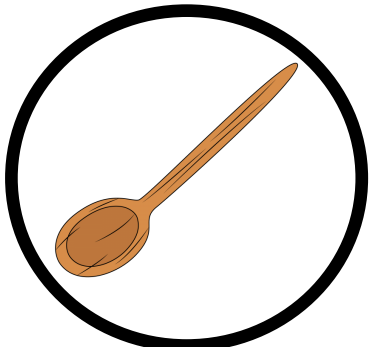
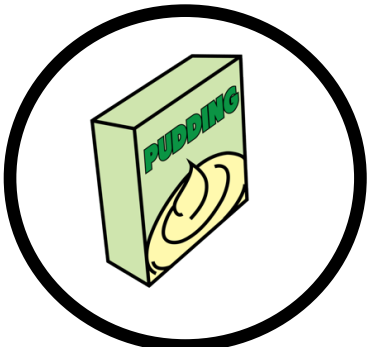
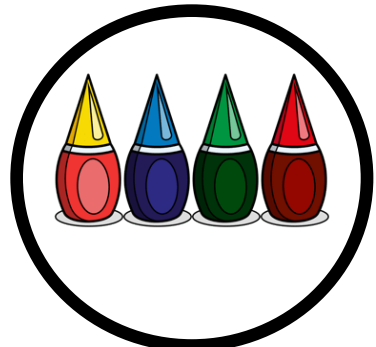
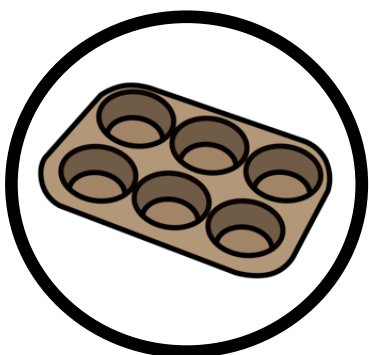
Date:

% Independence:

# Experiment

## Tools & Materials

What did you use?



Name:

Date:

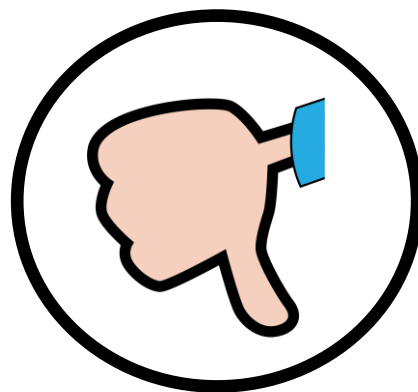
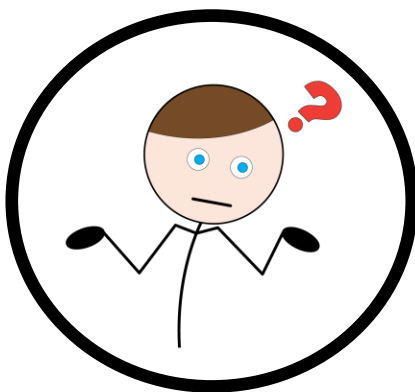
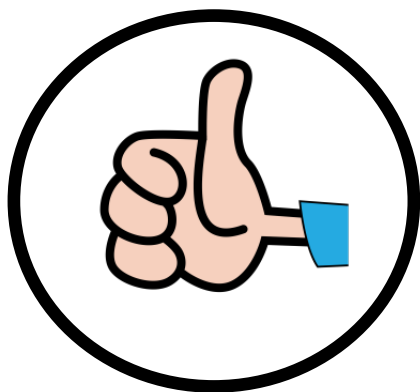
% Independence:

# How was it?

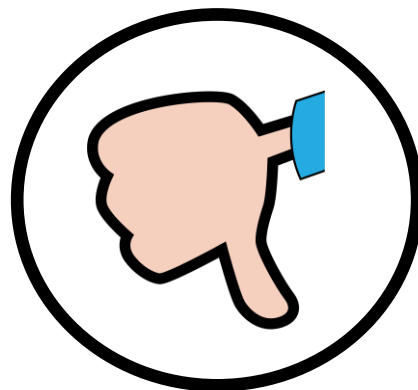
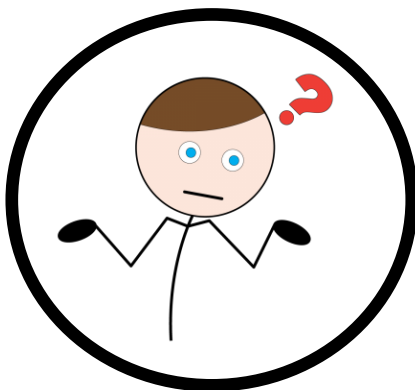
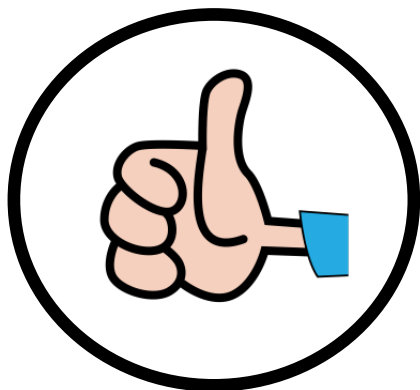
What did you make today?

---

How did it feel?



Would you make it again?



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