



## **Recipes for Hand Strengthening**

*All of these “recipes” are fun ways to play with different textures that help strengthen little hands. Utensils to have on hand to help create with are plastic knives, scissors, garlic press (to make hair), cookie cutters and anything else you can think of.*

### **Kool-Aid Play Dough**

- 1 cup flour
- 1 cup water
- ½ cup salt
- 3 tsp Cream of Tartar
- 1 package Kool-Aid mix (any flavour of unsweetened – grape is the most powerful scent)
- 1 tbsp cooking oil

Mix dry ingredients together in a large saucepan. Slowly add water mixed with oil and stir over medium heat until mixture thickens to dough. Turn out onto a heatproof bread board or counter top and knead until cool enough for children to handle. Dough will be the colour of the Kool-Aid mix and will smell like the Kool-Aid mix.  
(Can be stored in a tightly covered container for up to 6 months)

### **Jell-O Play Dough**

- 1 cup flour
- ½ cup salt
- 1 cup water
- 1 tbsp oil
- 2 tsp Cream of Tartar
- 1 (3-1/2 oz.) package “unsweetened” Jell-O

Mix all ingredients together and cook over medium heat, stirring constantly until consistency of mashed potatoes. Let cool and knead with floured hands until dry.  
Storage: This recipe needs to cool completely before storing it in an airtight container!  
Note: The items made from this play dough recipe can be painted when they are dry.

### **Oatmeal Play Dough**

1 part flour  
2 parts oatmeal  
1 part water

Mix ingredients together and form into shapes.

Note: The items made from this play dough recipe can be painted when they are dry.

### **Peanut Butter/Graham Cracker Play Dough**

Equal amounts of peanut butter and marshmallow cream  
Graham Crackers

First, have the children wash their hands before beginning so they can safely lick their fingers during this project.

All children to crumble up Graham Crackers into crumbs, then set these aside. Let them have just a little touch of the Marshmallow Cream and a little touch of peanut butter to feel the different textures and to lick off their fingers.

Mix the peanut butter and Marshmallow Cream together and have the children notice the change in texture. Cover surface area with wax paper or use a breadboard, let the children make into shapes. Roll shapes in Graham Cracker crumbs, then eat!

Storage: When not using, MUST be stored in an airtight container.

### **Peanut Butter Play Dough**

One 18-oz. jar creamy peanut butter  
6 tbsp honey  
 $\frac{3}{4}$  cup non-fat dry milk

Mix ingredients together, using varying amounts of dry milk for desired consistencies. Knead it with fingers, forming into desired shapes, adding other foods like M&M's or peanuts for eyes, mouths, etc. Great fun!

Storage: When not using, MUST be stored in an airtight container.

### **GLOOP – Noise Putty**

8 oz. bottle of glue  
8 oz. water  
1 cup water  
1  $\frac{1}{2}$  tsp borax powder

Pour 8 oz bottle of glue into bowl. Fill empty bottle with water and add to the glue – stir constantly. If you want to add a colour, add a few drops of food colouring to this part of the mixture.

In another bowl, stir together 1 cup of water and 1  $\frac{1}{2}$  tsp of borax powder until dissolved. Mix the 2 bowls together – instantly they will become slime! Working it with your hands to make it more stiff.

To make this “noise” putty put in a small container, then stick your fingers through the putty, it makes some “interesting” noises!  
Keep in a covered container in the refrigerator.

### **GLURCH – Silly Putty**

2 cups white glue  
1 cup liquid starch

Mix together with hands. Keep kneading until it forms a silly putty ball. Will take a few minutes of kneading before the wetness goes away.  
If it is wet and starch is not bonding, add more glue. If it is sticky, add more starch. Keep kneading until it forms a silly putty ball.  
Store in an airtight container in refrigerator.

### **GOOP**

This project isn't one to keep, and is pretty messy! But it feels really cool!  
1 cup cornstarch  
2 cups baking soda  
1 ¼ cup water

Mix dry ingredients and add water a little at a time. (This is important, as you may not need all of the water.) Mixture should be scoopable with hands – not too runny. When a lump is squeezed; it melts, then becomes more solid again.  
Note: adding food colouring to this recipe will stain your hands.