

Oobleck

1 box cornstarch 1 1/2 cups water
Food color (mixed into water)

This all-time favorite goes to just about every event where you find Kids Incorporated volunteers. Use your hands to mix the ingredients together in a lipped cookie sheet or a plastic container. Children can squeeze the Oobleck and manipulate it...is it a liquid or a solid? Leave it uncovered and it hardens. Add water and restore to desired consistency (it should be "solid" enough to shape into a ball and "liquid" enough to drip through your fingers.

See How a Plant Grows

Pitcher of water Dried bean
Paper towel Tall glass jar

Soak bean in water for one day. Roll up paper towel and place in the jar. Put the bean between the paper and the jar. Wet the paper towel. Keep the jar in a warm place. After a few days, a root appears and grows downward searching for water. A green shoot comes out of the bean and grows upward looking for light.

Keep paper moist; add water when needed.

Gak

Mix 1 cup white glue and food coloring in plastic container and stir. Add 1 cup liquid starch, a little at a time, stirring with a spoon or with your hands as mixture thickens. Continue stirring until mixture holds together.

If you cover and let it dry a while, it becomes silly putty. Mixture should be smooth and rubbery.

Finger Paint

4 cups cold water food coloring
6 teaspoons cornstarch

Mix a small amount of cornstarch with water until smooth. Gradually add rest of water. Cook over low heat until clear and desired consistency is reached. Add food coloring and let it cool.

Duff Paint

Mix 1 cup flour, 1 cup salt and 1 cup water. Divide and add food coloring and stir. Pour into squeeze bottles (recycled mustard bottles work well) and squeeze paint onto paper. (Or you can pour paint into plastic cups and use paint brushes).

Rainbow Pasta

Pour 1/4 cup rubbing alcohol and 1 tablespoon food coloring into a freezer or large plastic bag. Close bag and shake to mix. Open and put in 2 cups of various shapes of pasta (dry, uncooked). Shake and thoroughly mix pasta. Leave it for about an hour, then turn it over half-way through to evenly coat it. Pour it out onto large paper bags or cookie sheets and let it dry overnight. You can glue pasta on paper to make pictures or glue it on cardboard to make a frame. String it on yarn and you have a necklace or bracelet.

Cooked Playdough

1 cup flour 1/2 cup salt
2 Tbsp. oil 2 tsp. cream of tartar
1 cup water food coloring

Heat the oil in a pot. Remove from heat and stir in all other ingredients. Continue to cook over low heat until mixture is firm, about 4 to 5 minutes. Remove from heat, set clay mixture on wax paper and let cool.



Kids Incorporated is a community-based organization providing comprehensive services to families with children ages 0 to 3 and pregnant women in Leon, Jefferson and Madison counties. These services include:

- quality early education & care
- health, disability & nutrition
- family & community partnerships
- services to pregnant women

At our 6 Early Head Start centers, children have an individualized curriculum and a ratio of 1 adult to 4 children. A minimum of 10% of the children we serve have special needs. We strive to help children reach their developmental milestones and provide parents with the tools to be the best parents they can be.

Kids Incorporated has an active volunteer program, with volunteers assisting in our Early Head Start centers or in our administrative offices. We also accept donations of diapers and new/used books for infants & toddlers.

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Recipes for Fun

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“Strong Families = Strong Communities”