

How this might help your child's development and learning:

- **Strengthens your child's hand and arm muscles to help with hand writing**
- **Good hand and eye coordination**
- **Experience experimenting with different textures**
- **Provides an opportunity to have a conversation**
- **Sensory experience's**
- **learning to associate actions with consequences**
- **Give an opportunity to learn number names/measure**
- **Develop imagination**

children are free to explore their creativity and imagination, whilst enjoying the absence of any "right or wrong" ways to do things

Above all it is FUN !

**Useful Tip:
Keep this leaflet handy in
your child's red book.**

Details:

Please see the Centre timetables for dates and times of sessions.

For further details please contact:

Beacon Heath Children's Centre
Pendragon House, Beacon Heath,
Exeter, Devon
EX4 8LZ
01392 427063

Heavitree & Polsloe Children's Centre
Health Suite, Ladysmith Infant School,
Ladysmith Road, Exeter, Devon
EX1 2PS
01392 464754

WhiptonChildren's Centre
Hill Lane, Whipton, Exeter, Devon
EX1 3JP
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www.surestartexeter.org.uk
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**Ways you can
replicate or extend
some of the
activities at home
you see in
our groups**



in partnership with
Devon
County Council


**action for
children**



**Sure Start
Children's Centres**

**Beacon Heath, Heavitree & Polsloe and
Whipton**

Gloop

Corn flour and water,
Gloop is a wonderful thing,
It's squidgy and oozy,
If you push it.....it is a solid;
if you let it go....it spreads as a liquid

You could use a washing up bowl or a tray



It is so easy to make
and washes off easily
with water



How to make

In a large bowl mix corn flour with water adding the water slowly and stirring until you get a liquid which feels like a solid if you push it. You'll know when it's right and if it goes too far one way just add a bit more of the other

You can also use food colouring, glitter, food flavouring etc. to make it more inviting



Slime

pure soap flakes and hot water,
Yep... that's it, just two ingredients.
This is a lovely sensory experience

How to make

Tip your soap flakes into the bowl and add hot water– a rough idea of ratio is 1 cup of soap flakes to 3 cups of water,



Mix up your soap flakes and water. You can use a whisk or spoon to get it to the right consistence and one or the other in till it is nice and bubbly and light and fluffy.



You could add food

colouring or add your children's toys.

The slime will keep for a long time, provided it doesn't get too dirty



If you haven't coloured it you can recycle it by adding a scoop to your wash. If you have coloured it you might add a scoop to the bath for a bit of funget slimy!

Be careful how you dispose of it this needs to be but in the bin



Play Dough

Is a wonderful sensory experience

Microwave recipe

2 cups of flour
1 cup of salt
2 tablespoons of oil
2 cups warm water
2 teaspoons of cream of tartar

Put the flour, salt, cream of tartar and oil in a bowl. Add the warm water and Stir and microwave

For 1 minute
Then stir microwave for another minute repeat until you feel it is the right consistency

Uncooked recipe

1/4 cup salt

1 cup flour

1/4 cup water

mix the flour and salt in a bowl then add water. Knead and squeeze the dough to make a clay consistency.

You may need to add more water.

Note:

This dough doesn't last as long as the cooked recipes

You may wish to add other ingredients to create a different texture or smell. Add these before the water Try Glitter, oats, rice , vanilla, other fragrant oils

Your children may also like pasta, buttons, rolling pins, cutters, cake cases, animals ect. to manipulate the play dough....

