

SECTION: I

Recipe Booklet
for
Arts, Crafts,
and Creative Activity Ideas



Kool Aid Play Dough

(from More Dribble Drabble Process Oriented Art)

Mix:

2 1/2 cups flour

1 cup salt

2 pkgs. of unsweetened Kool Aid Drink mix

Stir in:

3 teaspoons oil

2 cups boiling water

Knead and play!

It has a nice texture, smells good, and has pretty colors depending on the Kool Aid flavor chosen.

Paper Mache

Mix flour and water together until it is a gravy-like consistency. Shred newspaper into strips 6" or 8" long. Run a strip of paper through the paste and fasten it to a container, depending on what you want to make.

There's no limit to the fun projects you can pursue with paper mache. One of my favorites is rhythm instruments. Cover a burnt out light bulb with several layers of paper mache. When the first layer is dry, hit it against something to break the bulb. Now, add several more layers of paper mache. When completely dry, paint and decorate in a Southwestern style. Shake to the beat!!!

Squirt Paint

Mix 1 cup flour, 1/4 cup salt, and 1/8 cup sugar together and then add enough water to get the consistency of light cream. Add tempera paint. Place in old detergent, mustard, catsup, or drinking water bottles (anything that can be squeezed easily).

Instant Finger Paint

Pour liquid starch onto a damp piece of butcher paper (shiny side down) and add desired amount of tempera paint. Mix finger paint on the paper. Use three basic colors: red, blue, or yellow. Use these colors to make others.

Creative Finger Painting Ideas

Finger painting is such a great tactile experience; it can be used with profit to reinforce many language arts or other subject areas. There are a number of fun ways the finger painting experience can be extended and varied. Here are just a few ideas to get you started.

Finger paint in "instant pudding." The classic seems to be chocolate, but any flavor will do. Other edible ideas include whipping cream and cake frosting.

Shaving cream, hand lotion, Vaseline, vegetable oil, and other common items also make excellent variation to this tactile experience.

Finger Jell-o

Finger Jell-o will stay set unrefrigerated for four hours under normal conditions. If you use grape, there is no need for artificial colorings or flavorings. But, you can experiment with any concentrated juice.

Soften 3 envelopes of unflavored gelatin in 1 (12 oz.) can juice concentrate (thawed, if frozen). Boil 1 1/2 cups of water. Add the juice/gelatin mixture to the boiling water and stir well until the gelatin dissolves. Pour into a lightly greased 9" x 13" pan and chill. When firm, cut into squares or into fun-shapes using cookie cutters. Refrigerate in a covered container.

Super Bubbles

This is a great recipe for when you want to make a lot of really big bubbles. Add a whole bottle of a strong dishwashing detergent (such as Dawn) to a bucket half-filled with hot water. Let the soapy water stand for several days. To this mixture add 3 tablespoons of sugar and you're ready to make super bubbles.

Sidewalk Chalk

Your children will love the huge pieces of sidewalk chalk created by this homemade version. You'll need a "tp-tube" for each color of chalk you plan to make. Cut 1 1/4" deep slashes about a 1/2 inch apart all around one end of the tube. Overlap these slashes to form a "point"—which will make your tp-tube look a little like a pencil. Seal the end with tape.

Now combine small batches of plaster of Paris with water and tempera paint. Margerine tubs work well for this. When it is the consistency of thick cream, pour into the prepared tp-tube. (Important Note: The plaster sets up very fast! You must work quickly—have all your materials organized before you begin.) After the plaster has set, simply peel away the tube and you're ready for sidewalk art session.

Growing Salt Crystals

Children are fascinated with crystals of all kinds. The easiest to "grow" are salt crystals. All you have to do is bend a pipe cleaner into any shape you desire. Pour $\frac{1}{2}$ cup of very hot water into a clear glass. Add about $\frac{1}{3}$ salt to the water a spoonful at a time. Stir and dissolve after each spoonful. Add salt until no more will dissolve. Now, curl one end of the pipe cleaner around the middle of a small dowel (or Pencil). Then place the pencil over the top of the glass. Be sure the pipe cleaner hangs deep into the hot salty water. Place the glass in a place where the children can observe it easily, but where it will not be disturbed. They can watch the crystals begin to "grow" within just a few hours. The crystals can be observed for several days. When the water is mostly gone, remove the pipe cleaner from the cup and tie it to a string. This "crystal" can be hung in a window where it can be enjoyed.

Funny Putty

Stir together 1 cup white glue (Elmer's type) and $\frac{3}{4}$ cup water. In a separate bowl stir $\frac{1}{2}$ cup water and 1 teaspoon Borax laundry additive. Now stir the borax mixture into the glue mixture. Continue stirring until all the glue mixture is absorbed. (This will take a few minutes.) Allow the resulting mixture to stand for an hour or so and it will be ready for the children to play with.

Children of all ages love this dough—it has a totally different texture than other "play doughs". It can be pulled; flattened, rolled into balls, and even bounced. It doesn't work well for sculpture though.