



## 5 Benefits of Sensory Play

**Develop  
Problem  
Solving  
Skills**

**Helps  
Manage  
Feelings &  
Thoughts**

**Enhances  
Creativity &  
Imagination**

**Grows  
Relationships  
&  
Confidence**

**Develops  
Motor  
Skills**

## Rubbery Goop

Homemade Rubbery Goop is perfect for sensory play opportunities as it is safe and non-toxic using basic ingredients found in your pantry. Rubbery Goop looks and feels like basic play dough but it is textured differently. It is smooth, soft and slightly stretchy. Moulding it in the hands is very addictive as the texture is delightful. It is so much fun to play with, you can pull the goop apart and roll it back together to form a smooth ball. You can squeeze it and it will squish through your fingers

### **INGREDIENTS:**

2 cups bi-carbonate soda (baking soda)

1 ½ cups water

1 cup of corn starch

Food colouring (optional)

### **INSTRUCTIONS:**

1. Combined all ingredients into a saucepan.
2. Mix the ingredients together using a whisk to remove lumps.
3. Heat on stove stirring with a wooden spoon.
4. Bring the mixture to the boil continuously stirring.
5. Small lumps will begin to appear, continue to stir until a thick mixture has formed.
6. Turn out onto the bench. Be careful the Rubbery Goop will be very hot!
7. Knead together to form a smooth ball of Rubbery Goop.
8. Store in a plastic zip-lock bag or air tight container.



There are no preservatives in this recipe and depending on how many children play with the Rubbery Goop, it can last up to two weeks