Here are some recipes for you to try. During this week try making one of these substances together and then play with it using the strategies we have discussed.

### Play Dough

- 1 cup flour
- 1/2 cup salt
- 1 cup water
- 1 tablespoon cooking oil
- 1 tsp cream of tartar
- A few drops of food coloring

Cook over medium heat until mixture pulls away from side of pan. Try rolling it out with orange juice containers or rolling pins and make shapes with cookie cutters. You could also try rolling it out and drawing on it with a dull stick or cutting it with a dull knife. Play dough and play clay can be refrigerated in a sealed plastic bag and re-used for about 3 months.

### Play Clay

- 1 cup all-purpose flour
- 1/2 cup salt
- 1/2 cup very warm tap water
- A few drops of food coloring

### Oobleck

2 parts cornstarch to 1 part water
Add food coloring as desired

Oobleck is a great gooey, non-toxic substance that is easy to clean and can provide hours of fun. At rest it is solid, but when scooped up or touched, it becomes fluid. It can run through your fingers, pour or passed through a strainer. It goes from hard to a semi-liquid. To clean you can rinse with soap and water. If it gets into carpet, allow it to dry and vacuum.

What sensory activity did you select?

☐ Play dough  ☐ Play clay  ☐ Oobleck  ☐ Shaving cream  ☐ Rice
☐ Beans  ☐ Sand  ☐ Cooked pasta  ☐ Making cookies  ☐ Shaving cream
☐ Finger paints  ☐ Water  ☐ Roughhouse play  ☐ Other___________

What strategy did you use to encourage your child’s communication?

☐ Sit face-to-face  ☐ Talk about what my child is looking at or playing with  ☐ Wait  ☐ Had a goal for learning

How did your child respond to you?

Facial expressions ______________________________________________________

Gestures ______________________________________________________________

Sounds ________________________________________________________________

Words _________________________________________________________________

Share an example of how you and your child played this week: