

Play Dough

Play Dough is used in play therapy at The Family Partnership.

Ingredients:

- 2-3 cups flour (start with 2 and add more as needed)
- 1 cup salt
- 1 tsp. cream of tartar
- 2 Tbsp. oil
- 2 cups very hot water
- 2 packets unsweetened Kool-Aid (reddish flavors work best and generic brands are fine)

Directions

1. Mix the dry ingredients (except the Kool-Aid) together.
2. In a separate dish, pour in the oil and water.
3. Add in the Kool-Aid and stir to dissolve.
4. Add the dry ingredients to the wet ingredients.
5. Mix and knead, adding more flour as needed. It should be soft, but not runny.
6. Play Dough will firm up after it sits for a day (or two!).

Store each batch in a Ziploc bag and label it with the date and contents.

EMAIL VOLUNTEER@THEFAMILYPARTNERSHIP.ORG WITH ANY QUESTIONS AND TO SCHEDULE A DROP-OFF AT OUR NORTH MINNEAPOLIS (1501 XERXES AVE. N.) OR SOUTH MINNEAPOLIS (1527 E. LAKE ST.) LOCATION.

Flubber

Flubber helps little hands build strength.

Ingredients:

- *3/4 cup cold water*
- *1 cup Elmer's glue (any white school glue will work)*
- *Liquid food coloring*
- *1/2 cup hot water*
- *1 tsp. borax*

Directions

1. Mix the cold water, glue, and food coloring. Set aside.
2. In a separate dish, mix the hot water and borax until the borax is completely dissolved.
3. Slowly add the glue mixture to the borax mixture. Combine well.
4. Pour off excess water and place in an airtight storage container.

Store each batch in a Ziploc bag and label it with the date and contents.

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Stress Balls

Stress balls keep clients focused in therapy sessions.

Materials:

- *Balloons (14" standard latex balloons work well)*
- *Funnel(s) – or cut a plastic water bottle in half and use the top part)*
- *Plastic knife or wooden coffee stirrers*
- *Sand and flour/cornstarch*

Directions

1. Stretch out a balloon and place the mouth of the balloon around the neck of the funnel.
2. Fill the funnel with two parts flour/cornstarch and one part sand.
3. Stretch the balloon while holding it around the funnel to help guide the mixture into the balloon.
4. Stick the plastic knife through the funnel and into the neck of the balloon to guide more of the mixture into the balloon.
5. Fill the balloon as full as you possibly can, then gently remove the balloon from the funnel.
6. Blow gently into the balloon, filling it with a tiny amount of air to help get all of the filling from the neck of the balloon into the body of the balloon.
7. Tie the balloon with a double knot.

Put all of the stress balls into a bag or box and label it with the date and contents.

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