



## MOTHERCOULD PLAY DOUGH

### YOU'LL NEED:

- 1 cup flour
- 1/2 cup table salt
- 2 tbsp cream of tartar
- 1 tbsp oil
- 1 cup boiling water
- Food coloring

### INSTRUCTIONS:

1. In a bowl, combine the flour, salt and cream of tartar. Mix well.
2. Add the oil
3. Mix a few drops of food coloring into the boiling water and add to the bowl.
4. Mix everything very well and massage with your hand until it is no longer sticky.
5. Once it has fully cooled, wrap in plastic and put in an airtight container. Store at room temperature for about 6 months.



## MOTHERCOULD TASTE SAFE BLOCKS

### YOU'LL NEED:

- Clear gelatin powder
- Boiling water
- Food coloring
- Parchment/wax paper
- Containers

### INSTRUCTIONS:

1. Add the gelatin powder to a bowl.
2. Measure 3/4 of the indicated amount of water ratio and add a drop of food coloring.
3. Pour into the bowl and mix immediately or the gelatin will clump up. In the video you'll see I added first one cup of water, mixed, and then another 1/2 cup. I did that so that I could mix before it clumped.
4. Line the container with parchment paper and pour mixture in.
5. Refrigerate for 3-4 hours.
6. When the gelatin is firm, pull the wax paper out of the container and cut into large blocks.



## MOTHERCOULD TASTE SAFE SLIME

### YOU'LL NEED:

- 1/4 cup chia seeds
- 1 + 3/4 cup water
- Food coloring
- 3-4 cups corn starch

### INSTRUCTIONS:

1. Mix the chia seeds, water and food coloring together.
2. Cover and refrigerate overnight.
3. Uncover and add the corn starch a little at a time. About a cup at a time. Mix and then continue until you achieve the desired consistency. Should be like regular slime. Slimy but can be easily taken off the hands.
4. Store covered in the refrigerator. You will need to add a little water each time you take it out to use it. It will reactive the slime.



## MOTHERCOULD TASTE SAFE PAINT

### YOU'LL NEED:

- 1/4 cup salt
- 1/2 cup flour
- 1/2 cup water
- Food coloring

### INSTRUCTIONS:

1. Mix the flour and salt in a bowl.
  2. Add a few drops of food coloring to the water. Pour into the flour and salt mixture.
  3. Whip well until and the clumps dissolve.
- \*You can add more or less water depending on the consistency you desire.  
\*\*Store in the refrigerator. Can keep for 6 months or so.



## MOTHERCOULD ICE PAINTS

### YOU'LL NEED:

- Ice cube tray
- Water
- Food coloring
- Popsicle sticks

### INSTRUCTIONS:

- 1.Fill an ice cube tray with water. Don't over fill
2. Add a small drop of food coloring to each cube.
3. Cut a popsicle stick in half. Use the flat edge side to mix the water and food coloring. Leave the popsicle stick inside
4. Freeze overnight

\*When painting, use water color paper for best results.



## MOTHERCOULD PUFFY PAINT

### YOU'LL NEED:

- Glue
- Shaving cream
- Food coloring
- Ziploc bag
- Scissors

### INSTRUCTIONS:

- 1.Add equal parts glue and shaving cream in a bowl.
  2. Add food coloring and mix well.
- If you want to use the paint in a DIY piping bag:
- 1.Add the paint to a ziplock bag.
  - 2.Close the bag and cut a small piece of corner off.
  - 3.Squeeze the paint through the opening



## MOTHERCOULD BABY SAFE PAINT

### YOU'LL NEED:

- 1/2 cup baby cereal (I used a multigrain one)
- 3/4 to 1 cup of water
- Food coloring

### INSTRUCTIONS:

- 1.Add the baby cereal, water and food coloring to a food processor. If you don't have one, you can mix with a whisk.
2. Mix until color is well blended. Adjust water quantity based on the consistency you'd like.

\*Even though this recipe is taste safe, I still like to discourage my girls from eating it. It helps when I introduce real paint and food coloring is not great to eat.

\*\*Make sure you are constantly supervising your little ones doing any activities especially if they are babies. These suckers are fast!

## How to make Salt Dough

### Mix together:

- \* 2 cups of plain flour
- \* 1 cup of salt
- \* Up to 1 cup of water

(add the water in slowly as you may need less)

### Knead the mixture into a dough and get creating

(You can't really go wrong, if it's too sticky just add some more flour)

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