

# Squish, Squash, Squelch!

## Playdough

### Ingredients:

- 1 cup plain flour
- 1 tbsp. oil
- 1 cup warm water
- 1/2 cup salt
- 2 tsp cream of tartar
- 185g packet of jelly



### Method:

1. Place ingredients into a saucepan and combine well
2. Mix until most lumps are gone
3. Cook over medium heat stirring continuously
4. Mixture will gradually thicken and turn into a ball
5. When you can no longer stir, remove from heat
6. Allow play dough to cool for at least 30 minutes

If your dough is a little sticky, gradually knead in more plain flour until you reach the desired consistency.

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## Oobleck

### Ingredients:

- 1 part water
- 1½ to 2 parts cornstarch
- Food colouring



### Method:

1. Place water in a bowl
2. Gradually add the cornstarch to the water, stirring continuously
3. Continue to stir until the mixture has a gooey consistency. You may want to use your hands.
4. Once the oobleck is the desired consistency slowly add a few drops of food colouring and continue to mix
5. It can be hard to fully combine the colour into the oobleck, so have fun making patterns and swirls of colour!

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## Edible Finger Paint

### Ingredients:

- Plain or Greek yoghurt
- Food colouring



### Method:

1. Combine the desired amount of yoghurt with a few drops of food colouring
2. Mix together and add more food colouring to reach your desired shade
3. Repeat process for each colour and experiment with mixing and combining to make new colours!
4. Pour colour together onto a tray and swirl with hands or utensils, or paint on to paper as desired.

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### Dyed Pasta

#### Ingredients:

1 packet of pasta  
Gel food colouring  
1/4 cup vinegar  
Ziplock bag  
Oven tray or dish  
Wax paper  
Gloves and apron



#### Method:

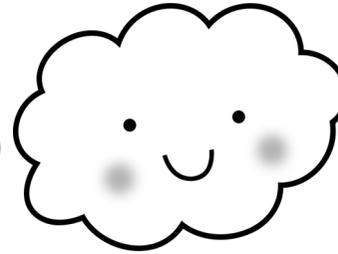
1. Line oven tray or dish with wax paper
2. Pour pasta into zip lock bag
3. Add 1/4 cup of vinegar to the bag
4. Add 1–2 drops of food colouring to the bag
5. Seal the bag with a small amount of air and shake vigorously to distribute food colouring and hand sanitizer through the pasta.
6. When the colour is evenly distributed pour the pasta into an oven tray
7. Place in warm, sunny well ventilated position to dry.

For a more vibrant colour replace vinegar with 2–3 squirts of alcohol based hand sanitizer

### Fizzy Cloud Dough

#### Ingredients:

1 cup plain flour  
1 cup bicarbonate soda  
1/4 cup vegetable oil  
Gel or oil food colouring  
White vinegar (for fizzing)  
Plastic tub or container  
Eye droppers or spray bottle



#### Method:

1. Combine the flour, bicarbonate soda, vegetable oil and a few drops of food colouring in a plastic tub or container
2. Pour a small quantity of vinegar into the eye droppers or spray bottle
3. Squirt vinegar onto the mixture in small quantities and let the fun begin!

### More Information:

#### Websites:

**Playgroup Victoria:**  
[www.playgroup.org.au](http://www.playgroup.org.au)

**Learning4Kids:**  
<https://www.learning4kids.net/blog/>

**Laughing Kids Learn:**  
<https://laughingkidslearn.com/>

**Learning Through Play:**  
<https://learningthroughplay.com.au/>

**Play Australia—Resources:**  
<https://www.playaustralia.org.au/library>

#### Places To Go:

**Melbourne Museum:**  
<https://museumsvictoria.com.au/melbournemuseum/whats-on/childrens-gallery/>

**Melbourne Zoo:**  
<https://www.zoo.org.au/whats-on>

**National Gallery of Victoria**  
<https://www.ngv.vic.gov.au/category/kids/>