

Play Therapy for Children

Finger Paint:

1 packet unflavored gelatin
3 Tablespoons sugar
food coloring

$\frac{1}{2}$ c. cornstarch
Liquid detergent

Pour packet of unflavored gelatin in $\frac{1}{4}$ cup warm water. Set aside.
Combine cornstarch with sugar, gradually add 2 cups water. Cook over low heat 5 minutes, stirring constantly. Remove from heat, add gelatin mixture and separate into container for colors. Pour in a dash of liquid detergent & food coloring. Paints will keep in fridge 5-6 weeks.

Play Dough:

Mix thoroughly- 1 c. white flour, $\frac{1}{2}$ c. salt, 2 tsp cream of tartar
Add- 1 c. water, 1 tsp salad oil
Combine & cook over low heat, stirring constantly. Separate and add coloring. Does not get firmer when cooled. Store in airtight containers.

Play Clay:

1 c. table salt
food coloring

1 c. water
4-6 drops oil of cloves or wintergreen

2 c. flour

Mix salt, flour & water to consistency of heavy dough. Add oil and mix thoroughly. Add color and mix again. Store in airtight container.

Pudding Paint:

Mix vanilla instant pudding with tempera paint or mix instant chocolate pudding with water. Finger paint.

Jello Play:

4 packages Jello
Dissolve in 2 cups of hot water. Let set in fridge until firm. It's fun to play with and it won't melt!

2 packets Knox Gelatin

A pleasant smelling home is inviting and soothing to the whole family!

Granny's Aromatic Secret:

1 whole nutmeg
5 cinnamon sticks
Halve nutmeg and add all ingredients to 3 cups of water. Bring to boil, then simmer. Can reheat this many times over. Store in fridge.

1 T whole Allspice
1 T. whole cloves