



INGREDIENTS:

- 1 cup of soap flakes
- 2 litres of warm water
- Food colouring



INSTRUCTIONS:

1. Dissolve one cup of soap flakes in two litres of warm water. Add colouring if you like.
2. Allow the mixture to stand until it becomes thick and slimy.
3. Beat the mixture with an egg-beater to make it frothy.
4. Put the slime in a wide, open container or trough with egg-beaters, spoons, funnels, cups, sponges, sieves and whisks for children to experiment with.



TIPS:

- Be sure to check first that children do not have skin allergies. Some children's skin can be sensitive to soap flakes.
- Various items such as beads, sequins, glitter and confetti can be added for texture.



LEARNING OPPORTUNITIES:

- Manipulating slime and measuring ingredients **strengthens fine motor skills**.
- Uses almost all the **senses**: children focus on how it feels, sounds, looks, and smells.
- Focussing on body sensations is one way of **practicing mindfulness**, and so slime play can be a mindful, calming experience for tamariki.