

Slime Visual Recipe



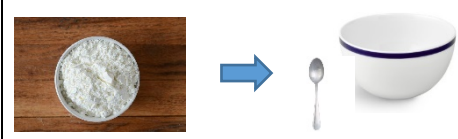



Playing with slime is a fun sensory activity where children can engage a number of their senses, including touch, sight and smell. Some children may love the messy play and texture of the slime while others may dislike the feeling. That's okay! Everyone has different sensory likes and dislikes.



Supplies (check off once gathered):

	Glue	
	Corn Starch	
	Water	
	Paint	
	Spoon	

	2 Bowls	
	Measuring Cup	

Steps (check off once completed):

	1. Measure 2 cups warm water.	
	2. Pour water into bowl.	
	3. Mix in two bags (8oz) of corn starch into bowl of water.	
	4. Pour the glue into the bowl.	
	5. Mix everything together.	
	6. Mix in paint.	

	<p>7. Mix in a few drops of flavouring OR essential oils (OPTIONAL)</p>	
	<p>8. Play with slime!</p>	

Activities to work on fine motor skills with slime:

- 1.) Press beads in slime and use tweezers to pull them out.
- 2.) Pat the slime between your hands to make it flat. Place it on a table and use your index finger to poke holes in the slime. How many holes can you make? Count as you make them.
- 3.) Roll Slime out into the shape of a snake, use scissors to cut slime into chunks.
- 4.) Hide beads, coins, or other small items in the slime. Search for and pull out the items using both hands.
- 5.) Squeeze the slime in your hands, roll it between your hands, press your hands into the slime to flatten!



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Homemade Bubbles:

1. Get a large cup or container
2. Pour in $\frac{1}{2}$ cup of dish soap
3. Add 1 $\frac{1}{2}$ cup warm water
4. Add 2 teaspoons of sugar
5. **Gently** stir
6. Go outside and blow bubbles!



Homemade Bubble Wands:

- Bend pipe cleaners into different shapes, making sure to leave a piece on the end to hold onto.
- Cut the bottom off a plastic drink bottle and blow through the mouth piece.
- Use straws, make sure to remind kids not to suck in bubble liquid!
- Punch holes in pieces of plastic and glue to popsicle sticks.
- Bend a wire hanger into different shapes.
- Use old bubble wands.



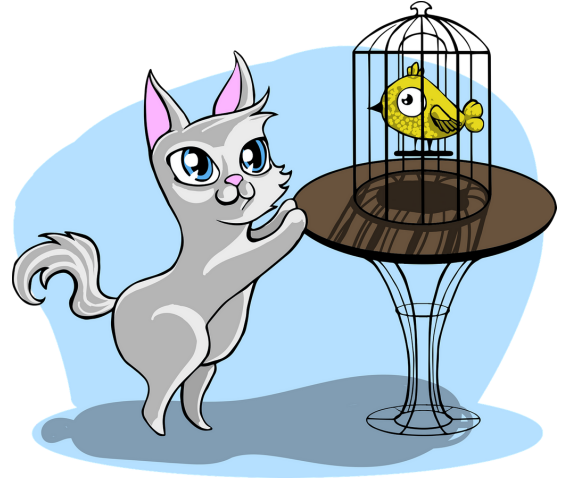
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© GROUNDING TECHNIQUE ©

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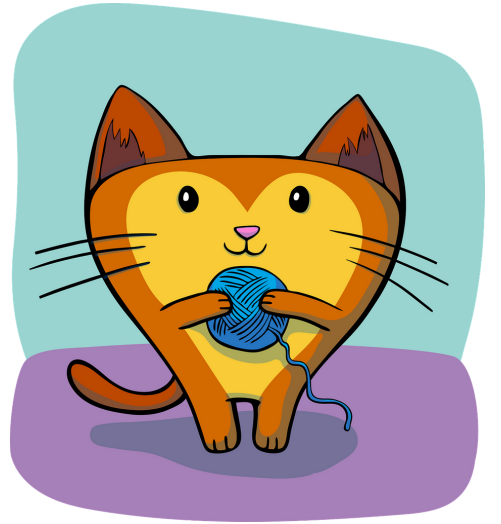
5

things that you can SEE



4

things that you can FEEL
(or TOUCH)



3

things that you can HEAR



2

things that you can SMELL



1

that you can TASTE



CALMING BREATHING EXERCISES

1. BREATHING BEADS

This exercise involves a bracelet with different sized beads. Instruct the student to take a deep breath with each bead.

The entire circle should take about 60 seconds to get through. Aim to complete one full circle with the student.

2. BIRTHDAY CANDLE

Have the student pretend one of their fingers is a birthday candle. Place their finger in front of their mouth. Ask them to blow hard! This is also an excellent opportunity to ask the student about their age and birth date.

Aim to complete the exercise 2-3 times.

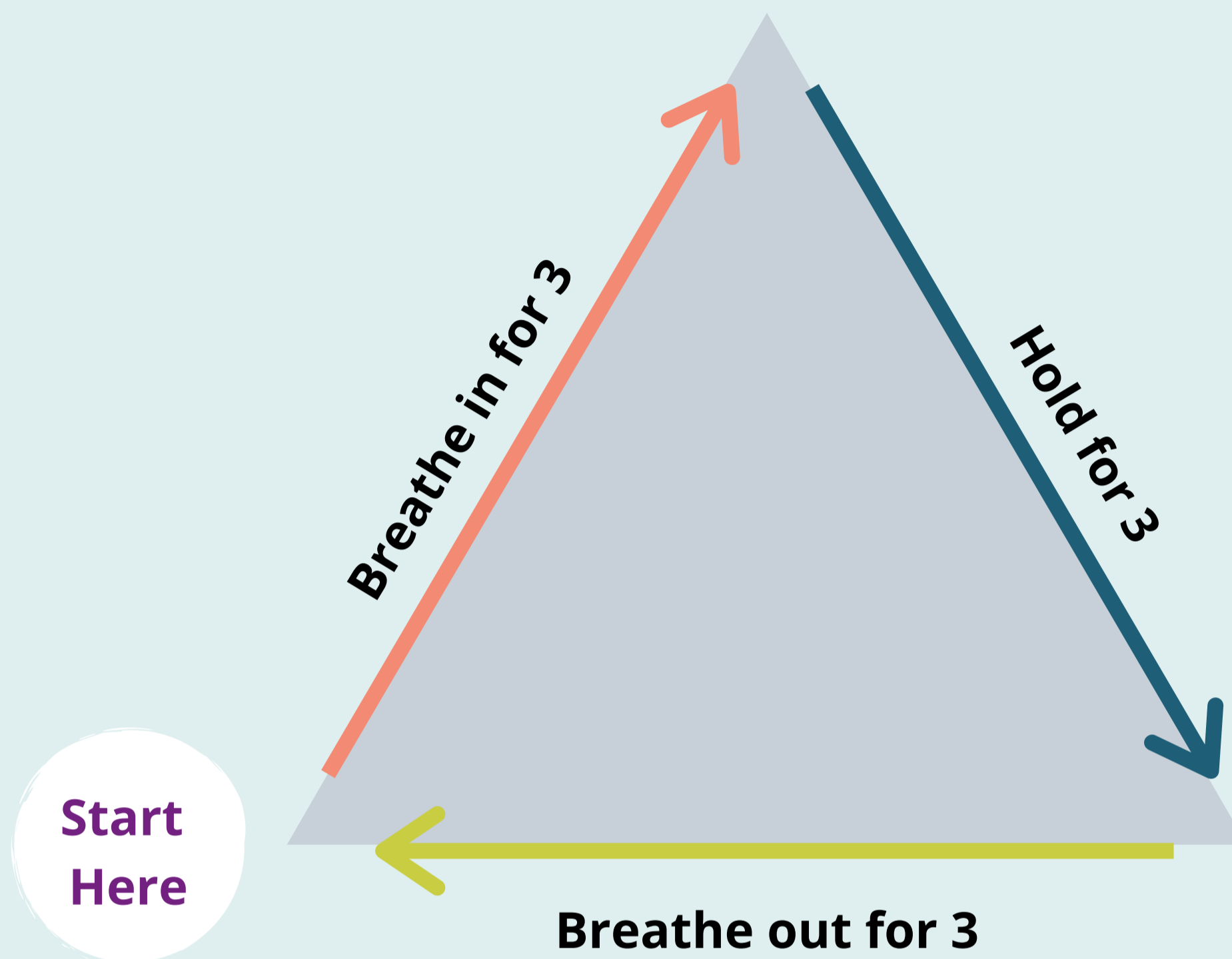
3. WHALE BREATH

Have the student sit tall with their legs crossed, if possible. Tell the student to take a deep breath while you count to 5 with your fingers. When you reach 5, tell the student to tilt their head up so that they can blow out of their "blow hole". You can also put your hands up on top of their head (if the student is comfortable with that) to create the blow hole to "blow" out. Aim to complete the exercise 2-3 times.

4. FEATHER BREATH

Ask the student to pick out a feather. It could be a colour that they love or one that makes them feel calm. Have the student breathe in while running your finger on one side of the feather as a visual cue. When you reach the top, ask the student to hold their breath for a count to 3. Then, instruct to student to breathe out while you run your finger on the other side of the feather going down. Complete the exercise 2-3 times.

5. TRIANGLE BREATH



Have the student start at the bottom left of the triangle. Then, with their finger, ask them to breathe in for 3 counts as they trace the first side of the triangle. Tell them to hold their breath for 3 counts as they trace the second side of the triangle. Finally, instruct the student to breathe out for 3 counts as they trace the final side of the triangle.

One full triangle counts for 1 deep breath.

Ask the student to repeat the exercise 3-5 times.





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Tips and Tricks

- **Limit choices** to 2 or 3 activities.
- Provide **movement breaks**.
- **Model the task** before the student engages in.
- Provide **simple instructions** to the student.
- Provide **visual and verbal cues** to provide another method of learning.
- Encourage the student to **attempt tasks themselves first**.
- **Breakdown the task** into smaller manageable steps.
- **Be patient**; with yourself and your child.