

Family
Literacy



25 More Recipes for Fun!



Northwest
Territories Education, Culture and Employment



Introduction

The recipes in this document are all “tried and true” recipes that families, childcare centres and family resource centres have tested.

Enjoy family time together trying out recipes for fun things like ice chalk, or foamy paint.

When we expose children to new experiences, they gain language and literacy skills as they learn new vocabulary words. Encourage your child to describe the texture of clean mud or ice cream dough using words like “hard”, “soft”, “slimy”, “solid”, “liquid”, “dripping”, “wet”, “dry”, etc. Think about the ways your child can describe the dinosaur eggs or the fizzy paint.

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Fizzy Paint

What you need:

- Water
- 2 tablespoons flour
- 1 tablespoon baking soda
- Food colouring
- Vinegar
- Spray bottles
- Whisk
- White cardstock/thick paper

How to make it:

1. Combine the flour and baking soda in a bowl.
2. Add a few drops of food colouring and a small amount of water (only enough to make it easy to spread, the paint should not be runny).
3. Whisk all the ingredients until they are combined. If the paint is too thick, add more water. If the colour is not bright enough, add a couple more drops of food colouring.
4. Repeat with different colours of food colouring to create more colours of paint.
5. Fill spray bottles with vinegar and set aside.
6. Create your painting on white cardstock or thick paper. Once you have finished and before the paint dries, spray the vinegar on your painting and watch the paint fizz.

Quicksand

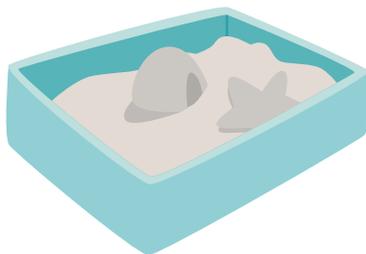
Watching toys sink into your quicksand is a fun way to play. Just make sure you don't pour your quicksand down the drain because it can block your pipes.

What you need:

- 1 cup corn starch
- $\frac{3}{4}$ cup water
- Plastic bowl or bin
- Measuring cup
- Food colouring (optional)

How to make it:

1. Measure $\frac{3}{4}$ cup of water in a measuring cup.
2. If you want to make your quicksand coloured, add a couple drops of food colouring to the water.
3. Put the cornstarch in a plastic bowl or bin.
4. Slowly add the water to the cornstarch.
5. Mix the water and cornstarch together. It will take about 10 minutes to be evenly mixed. You may need to add more cornstarch and/or water to get the consistency right. When it is ready it should be thick when you mix it and seem to become solid when you keep your spoon still.
6. Add your completed quicksand mixture to your plastic bowl or bin. Use toys to play and experiment.



Freezy Paints

What you need:

- Shaving cream
- Food colouring
- Sparkles/glitter (optional)

How to make it:

1. Mix 1 cup or your desired amount of shaving cream with a few drops of food colouring.
2. If you are using sparkles or glitter, mix them in.
3. Repeat steps 1-2 to make different colours of paint.
4. Put your paint in the freezer and wait several hours for them to get really cold. Pull them out only when you're ready to paint because they begin to melt quickly.
5. Use your fingers or a paint brush on paper to make your art.

Sidewalk Chalk Paint

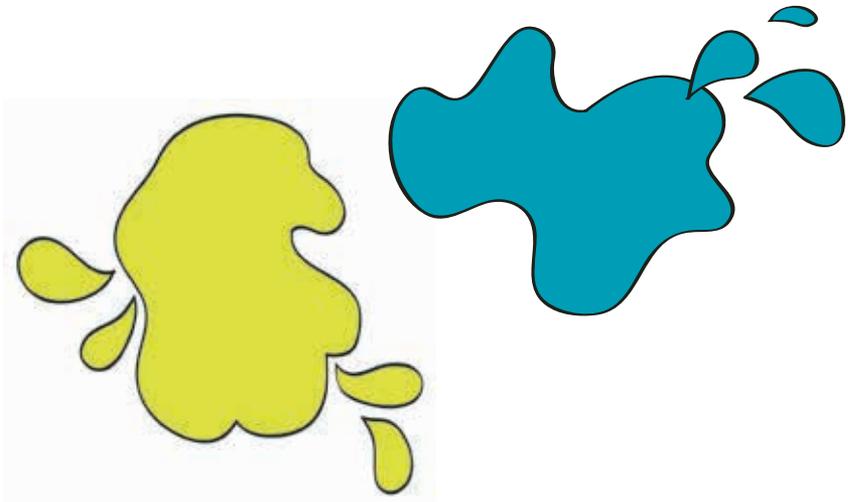
Use brushes to paint this recipe on the sidewalk. It dries to look just like chalk.

What you need:

- $\frac{1}{4}$ cup cornstarch
- $\frac{1}{4}$ cup water
- Food colouring
- Container(s) for paint (if you are making more than one colour, muffin tins work well)

How to make it:

1. Put cornstarch and water into your container and mix together.
2. Add a few drops of food colouring or enough to get your desired colour and mix again.
3. Repeat with different colours of food colouring to create more colours of paint.



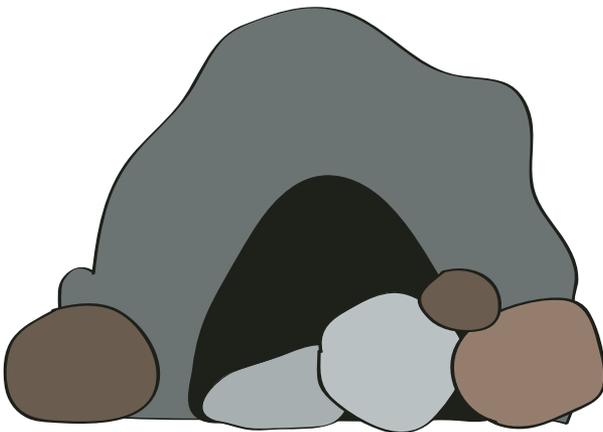
Dinosaur Eggs

What you need:

- 1 ¼ cups dirt
- 1 ¼ cups flour
- ¾ cup salt
- ½ cup sand
- Water
- Mini plastic dinosaurs

How to make it:

1. Mix together the dirt, flour, salt, and sand in a mixing bowl.
2. Very slowly stir in water until it reaches a dough or clay-like texture. You won't need very much.
3. Mould the dough around your plastic dinosaurs, creating egg shapes around each one.
4. Allow to dry. This may take all day or a couple of days. Once your eggs are dry they are ready to be "hatched" and played with.



Coloured Bubbles

The colours of these bubbles are subtle. Make sure you have some old bubble wands to use with this recipe.

What you need:

- 1 ½ cups light corn syrup
- 4 cups water
- 1 cup liquid dish soap
- Food colouring or liquid watercolours

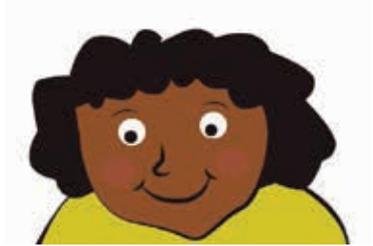
How to make it:

1. Mix water and corn syrup until blended well.
2. Slowly stir in the dish soap.
3. Add the colour of your choice, using either food colouring or liquid watercolours. The more you add, the easier it will be to see the colour in your bubbles.

Foamy Paint

What you need:

- Craft/school liquid glue
- Shaving cream
- Food colouring
- Zipper-seal plastic bag
- Scissors



How to make it:

1. Add equal parts glue and shaving cream into your plastic bag.
2. Add a few drops of food colouring.
3. Close the zipper on the bag and squish the contents together until they are evenly mixed.
4. Cut off the tip of a corner of the plastic bag and squish the paint onto a piece of paper to create your art.
5. Once you are done painting, set your art aside so it can dry overnight.

Hot Chocolate Cloud Dough

While this recipe isn't hot, it smells just like hot chocolate and has the colour to match.

What you need:

- 4 cups flour
- 1 cup vegetable or canola oil
- 2 packets of hot chocolate mix

How to make it:

1. Add the flour and hot chocolate mix to a large mixing bowl.
2. Add the oil to the mixing bowl. Mix well. You may have to add more flour or oil to get it just right.

Homemade Watercolours

What you need:

- 1 cup baking soda
- $\frac{3}{4}$ cup vinegar
- 2 tablespoons corn syrup
- 1 cup cornstarch
- Food colouring
- Ice cube tray



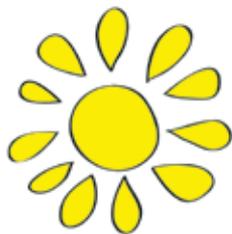
How to make it:

1. Put the baking soda in a mixing bowl and slowly add the vinegar. Don't add it all at once or it will all bubble over. Once it has stopped bubbling, mix together.
2. Add the corn syrup. Once it is completely mixed in, add the corn starch. Whisk/mix the entire mixture until it is all completely combined.
3. Pour the mixture into the ice cube tray.
4. Mix different colours of food colouring into your mixture in each slot of the tray.
5. Set them in a safe place to dry. They will be completely dry in anywhere from overnight to 2 days.
6. When you paint, continually dip your brush first water, and then the dry paint.

Homemade Beach Sand

What you need:

- 5 cups whole wheat or regular flour (whole wheat looks more like sand)
- $\frac{3}{4}$ to 1 cup cooking oil



How to make it:

1. Mix the flour and oil together in a mixing bowl. You can add up to 1 cup of oil, depending on how sticky you want your beach sand to turn out.
2. Put in a large plastic tub or tray to play with. Homemade beach sand is even more fun with beach-themed toys and seashells. When not in use, store in a sealed container.

Bathtub Paint

The more you paint, the more bubbles form in the bath. You can use a brush or your fingers to use this paint on your tub or shower wall.

What you need:

- Baby powder
- Baby bubble bath
- Food colouring

How to make it:

1. In a bowl, combine one part baby bubble bath with three parts baby powder.
2. Add a couple drops of food colouring and mix together.

Snow Colouring Paint

This recipe is for painting the snow on a winter day. You can even substitute Kool Aid © for food colouring to make it scented.

What you need:

- Water
- Squirt bottles
- Food colouring or Kool Aid © powder drink mix packets

How to make it:

1. If you use food colouring, fill your squirt bottle with water first and then add drops of food colouring until you reach your desired colour. Close the lid on the bottle and shake gently to mix.
2. If you use Kool Aid ©, add the powder drink mix into the squirt bottle first and then fill the bottle with water. Close the lid on the bottle and shake gently to mix.
3. Squeeze your paint directly onto the snow outside to create pictures and designs.



Clean Mud

This recipe feels just like mud but is bright white in colour and smells clean.

What you need:

- 3 cups baking soda
- Up to 1 cup water

How to make it:

1. Put your baking soda into a mixing bowl.
2. Add the water to the baking soda until you have a mud-like texture. Add a little at a time and then mix, slowly adding more until it has the right consistency. Make sure you add it slowly to avoid adding too much.
3. If you add too much water, simply add more baking soda and mix well.

Face Paint

What you need:

- 3 teaspoons corn starch
- ½ teaspoon flour
- 2 teaspoons lotion or honey
- 1 teaspoon water
- Food colouring

How to make it:

1. Add the cornstarch, flour, water, and lotion/honey to a mixing bowl.
2. Add food colouring and mix. Add as much food colouring as you need to reach your desired colour.
3. Repeat with other colours if you wish. Use small brushes or your fingers to create face paintings.

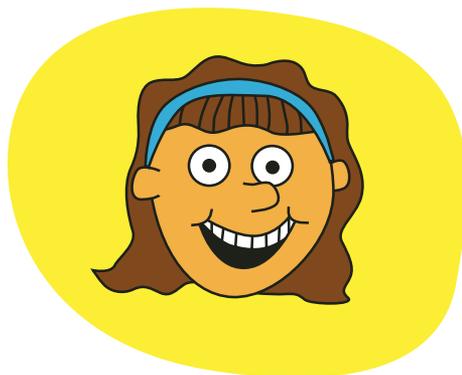
Rainbow Candy Paint

What you need:

- Big bag of rainbow-coloured Skittles ©
- Corn syrup (preferably the clear kind)
- Five small containers (a muffin tin will also work)

How to make it:

1. Sort the candies by colour into separate containers for each one. The more candies you use, the brighter the colour will be, but make sure to leave room in your container for the corn syrup. You may have some candy left over.
2. Carefully pour corn syrup over the candies in each container until they are completely covered.
3. Let your mixture sit for a few hours or overnight to let the colour from the candy be absorbed by the corn syrup. To help speed the process, mix occasionally.
4. Use paint brushes on paper to create art with your rainbow candy paint. It is important to leave the candies in the bottom of the containers as you paint. When finished, let the art dry overnight.



Soap Crayons

Make your very own crayons to colour with.

What you need:

- 2 bars of soap
- Cheese grater
- 1 tablespoon hot water
- Food colouring
- Baking paper (optional)

How to make it:

1. Grate your soap bars as finely as you can until you can measure 1 cup of soap flakes. It is important that you make the flakes as small as you can. Depending on the size, you may need one or both bars.
2. Put your soap flakes into a mixing bowl and add the food colouring of your choice. The more food colouring you add the brighter your crayons will be.
3. Add a tablespoon of hot water to the bowl.
4. Mix until the soap flakes melt enough to form a thick paste. This may take a few minutes. To help with the melting, you can place your mixing bowl inside a bigger bowl of hot water, but be careful not to get any excess water into your mixture.
5. Mould the paste into whatever shapes you want your crayons to be. You can use cookie cutters to create fun shapes, or just make them the regular crayon shape with your hands.
6. Place your crayon shapes on a non-stick surface or baking paper to dry.
7. Repeat the process with other colours if you wish.
8. Leave crayons to dry for 2 days before using them to draw.

Ice Cream Dough

This dough looks, smells, and acts just like real ice cream but doesn't melt or leave a sticky mess. It is also made with taste-safe ingredients, perfect for pretend ice cream shops for all ages.

What you need:

- 1 cup pre-made frosting
- Up to 2 $\frac{3}{4}$ cups powdered sugar
- Vegetable oil (optional)

How to make it:

1. Put your frosting in a mixing bowl. The kind of frosting you use (chocolate, vanilla, etc.) will be the colour and scent of your pretend ice cream.
2. Add the powdered sugar to the frosting in slow increments, scraping the sides of the bowl continually. Stop adding sugar when your dough is no longer sticky.
3. If you add too much sugar and your dough becomes too dry, simply sprinkle on some vegetable oil and mix well.
4. When finished playing, store in a plastic zipper-seal bag in the refrigerator. When you want to use it again, let it sit out for 30 minutes to warm up. Add a small amount of vegetable oil if needed. Using ice cream scoops and ice cream cones adds to the fun of playing with ice cream dough.

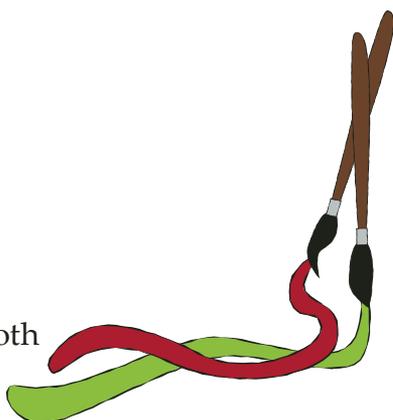


Window Paint

This paint is as easy to wash off the window as it is to paint it on.

What you need:

- 1 cup flour
- 1 cup water
- 1 cup dish soap
- Containers for paint
- Food colouring
- Newspaper or old tablecloth



How to make it:

1. Put the flour, water, and dish soap in a large bowl.
2. Mix well until all the lumps are gone.
3. Separate the mixture into your smaller containers for paint. You should have separate containers for each different colour you want to make.
4. Add a different food colouring to each separate container to become your different colours of paint. Mix well.
5. If you are going to be painting on your windows from the inside, lay down newspaper or an old tablecloth to catch any spills. Paint your designs on the window with a brush. The paint will come off with warm water.

Jell-O © Play Dough

This play dough will smell like and be the colour of your favorite flavor of Jell-O ©. It can be stored in a zipper-seal plastic bag for up to two months.

What you need:

- 1 cup flour (plus ½ cup extra)
- 1 cup boiling water
- 2 tablespoons salt
- 2 tablespoons cream of tartar
- 1 tablespoon vegetable oil
- 1 or 3 ounce package of Jell-O ©



How to make it:

1. Combine all dry ingredients (flour, salt, and cream of tartar) except the extra ½ cup of flour in a bowl.
2. Dissolve your Jell-O © packet in the boiling water.
3. Pour your water mixture very slowly into the dry ingredients.
4. Stir and mix well for 3-5 minutes.
5. Once mixture forms a ball and is cool, knead and add the extra flour as needed until the dough is smooth and no longer sticky.
6. When not in use, store in the fridge.

Fizzy Dough

What you need:

- Baking soda
- Water
- Food colouring
- Lemon juice

How to make it:

1. Mix your food colouring into your desired amount of water.
2. Mix equal parts baking soda to your water until doughy. You may need to add more baking soda.
3. Once you have reached your desired consistency, mould into ball shapes.
4. Place your dough shapes in a bowl or on an easily cleanable surface.
5. To play: squeeze or gently pour lemon juice over your dough to watch it fizz.

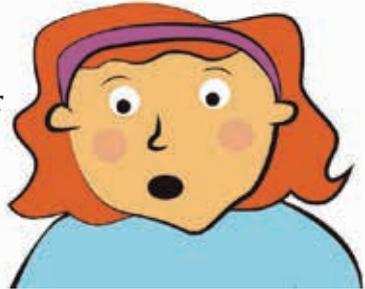


Colour Surprise Play Dough

This play dough reveals a hidden colour inside. It begins to change colour when you play with it. Store it in a zipper-seal plastic bag in the fridge when not in use.

What you need:

- 1 cup flour
- 1 tablespoon vegetable oil
- 2 tablespoons cream of tartar
- 1 cup boiling water
- $\frac{1}{4}$ cup salt
- Food colouring



How to make it:

1. Mix the flour, salt, and cream of tartar in a medium bowl.
2. Combine the oil and the boiling water in a separate container. Mix well.
3. Slowly pour the hot mixture into the dry ingredients. Mix well for several minutes until the mixture begins to come together.
4. Once it is cool enough to handle, place the dough on a flat surface and knead until smooth.
5. Form the play dough into several smaller balls. Put one ball aside for extra dough.
6. Create a well in each ball (except for the extra ball) by poking your thumb into the top. Be careful not to poke all the way through to the other side, only poke into the centre.
7. Add 7-10 drops of food colouring inside the well on each smaller ball. Be careful not to get the colour anywhere else.
8. Use the extra ball of dough you put aside to create "lids" for the wells on each ball to hide the colour. Flatten the "lid" around the rest of the ball but make sure not to squish the colour out.
9. Leave them out to be played with, keeping the colours inside as a surprise!

Ice Chalk

What you need:

- Cornstarch
- Water
- Liquid watercolours or food colouring
- Ice cube tray

How to make it:

1. Combine equal parts cornstarch and water in a mixing bowl. Use as much or as little as you want depending on how many chalks you want to make or how big your ice cube tray is.
2. If you are making all your ice chalk the same colour, add the liquid watercolours or food colouring of your choice to the mixture first, and then carefully pour it into your ice cube tray.
3. If you are going to make different colours of ice chalk in the same tray, carefully pour your cornstarch and water mixture into the ice tray first. Once it is evenly in the tray, add your liquid watercolours or food colouring to each individual square, mixing it in carefully.
4. Put your ice cube tray in the freezer overnight. When the "chalks" are frozen and ready to use, take them out of the ice cube tray and bring them outside to make sidewalk chalk drawings. They will create cool patterns as they melt.

Peanut Butter Play Dough

What you need:

- 1 cup smooth peanut butter
- 1 ½ - 2 cups cornstarch

How to make it:

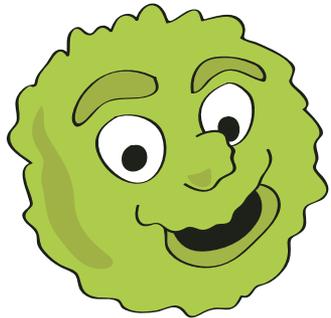
1. Combine the peanut butter and 1 cup of the cornstarch in a large bowl.
2. Once they are fully combined, begin adding the rest of the cornstarch slowly. Stop adding cornstarch when the dough is still soft but no longer sticky. You may not need all of the cornstarch.
3. Use your hands to knead the dough when it becomes difficult to mix.
4. When you are finished playing, store in the refrigerator.

Foam Dough

This dough is very soft, light, and mouldable. It feels just like foam.

What you need:

- Shaving cream
- Corn starch
- Food colouring (optional)



How to make it:

1. Add equal parts shaving cream and cornstarch. Use as much as you would like depending on how much dough you want to end up with.
2. If you want your foam dough to be coloured, add and mix in food colouring of your choice.

No-Bake Clay

What you need:

- Cornstarch
- Craft/school liquid glue

How to make it:

1. Mix two parts cornstarch and one part school glue in a mixing bowl. You can choose the amount that you like depending on how big a batch you want to make.
2. Stir your ingredients together with a spoon. Make sure to put your glue in first and then add the cornstarch to it slowly. When it gets too hard to keep using the spoon, finish by kneading it with your hands.
3. Place your clay on a flat surface and roll out to your desired thickness and cut out shapes. Let your shapes air dry overnight on baking paper or a non-stick surface. Once they are dry, you can paint and decorate them as you like.

