

Edible Sweetie Slime



You will need:

1 bag of fruit-flavoured, soft, chewable sweets (you may wish for more depending on how much slime you wish to make)

200g icing sugar

200g cornflour

heatproof, microwavable bowls



Instructions:

1. Unwrap the sweets and place the same colours together in separate bowls (you could put them all in one bowl but it's fun to have separate colours for the slime).
2. In another bowl, mix the cornflour and icing sugar together.
3. Microwave the bowls of sweets, one at a time, for 30 seconds. Stir occasionally until melted. Cooking times may vary depending on the number of sweets you use. Safety: this can get very hot at this point so adult supervision is required.
4. Dust a surface with some of the cornflour/sugar mixture.
5. Once cooled, roll the melted sweets onto the dusted surface and start to knead. Make sure you stretch and pull it a lot – you are kneading to allow plenty of air to get into the mixture. Continue to knead until you have a stretchy, squishy mixture. You may need to add more of the cornflour/sugar mixture as you do this until you get the correct consistency of slime.
6. Repeat the process for each colour.
7. Now, have fun playing with your edible slime. Remember to ask children to wash their hands before so they can eat the slime as they play with it!

Shortbread Biscuits



Ingredients

55g of caster sugar
180g of plain flour
125g of butter

Equipment

Oven
large mixing bowl
wooden spoon
fork
wire cooling rack
fridge
rolling pin
biscuit cutters
baking tray

Method

1. Heat the oven to 190c or gas mark 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste.
4. Turn on to a work surface and gently roll out until the paste is 1cm / 1/2in thick.
5. Cut into rounds or fingers and place onto baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
6. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.





How to Make Bread

Ingredients

- 500g strong flour (plus extra for dusting)
- 2 teaspoons of salt
- 7g of dried yeast
- 3 tablespoons of olive oil
- 300ml of water

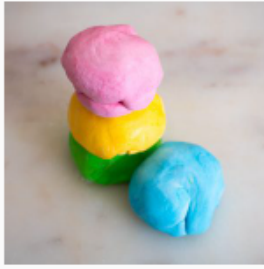
Equipment

- Mixing bowl and spoon
- Loaf tin
- Oven
- Wire rack

Method

1. Preheat your oven to 220°C.
2. Sieve the flour, salt and yeast into a bowl. Make a well in the centre and add the oil and water.
3. Mix the wet and dry ingredients together to form a dough. Add a little more water if the mixture is stiff.
4. Tip the dough out onto a lightly floured surface and knead the dough until it is smooth.
5. Put the dough in a bowl, covered with cling film, for around an hour or until it has doubled in size. Knock back the dough and put the dough into a loaf tin.
6. Bake your loaf in the oven for 25-30 minutes.
7. Cool your bread on a wire rack and then slice it to enjoy!





Edible Playdough Recipe



Simple 2 ingredient recipe for edible play dough perfect for sensory play with toddlers that put everything in the mouth.

Course Play Recipe
Keyword Play Dough

Prep Time 15 minutes
Total Time 15 minutes
Servings 4 Lumps
Author Cerys Parker

Ingredients

- 50 g Icing Sugar Approximately 6 Tbsp
- 200 g Marshmallows
- Food Colouring Paste

Instructions

1. Place the marshmallows in a microwavable bowl.
2. Put in the microwave and melt in 10 SECOND bursts.
3. Stir between each burst - it will take approximately 40 seconds to melt the marshmallows.
4. Add your sugar a spoon at a time and mix in.
5. When the mixture becomes a sticky mess (technical term!) then remove from the bowl and place on a surface with icing sugar.
6. Add more of the sugar into the centre of the dough and fold in.
7. Keep adding, folding and kneading on a lightly dusted surface until you have some play dough.

Remember back to week 1. We were learning how to do jobs in the home and trying things for ourselves. Go back over all these skills. What can you do now that you couldn't do at the beginning of lockdown?

Activity	When did you do it?	Did you need help? Y/N	Parent/Carer comments
1. Wash up			
2. Dry up			
3. Load the washing machine			
4. Start the washing machine			
5. Empty the washing machine			
6. Help to prepare a healthy meal			
7. Tidy your bedroom			
8. Make your bed			
9. Vacuum			
10. Lay the table			
11. Fold your clothes			
12. Wash your own hair			
13. Clean the bathroom			
14. Clean the kitchen			
15. Make a cup of tea/hot drink for someone else			
16. Make a healthy snack for yourself			
17. Make porridge			
18. Make milk drink			
19. Make a cup a soup			
20. Go for a walk			
21. Spot an animal from your window			
22. Go for a run			
23. Count how many mugs your family has			
24. Find a £ coin and say what it is worth			
25. Find a £ note and say what is it worth			
26. Write a shopping list			