Messy Crafts 5

Fizzy Dough

* 1 cup of flour
* 1 cup of baking soda
* 1/4 cup vegetable oil
* Oil-based or powder food colouring
* Vinegar
* A mixing bowl
* A tub for playing in
1. Mix all ingredients into bowl except for the vinegar and mix until right consistency.
2. Let child play in the tub!
3. Then add vinegar to make it fizz!

Balloon Painting

* Balloons
* Child-friendly paint
* Cardboard or large sheets of paper (easel pads, for example)
* Large safety pins
* A funnel
1. Start by filling the balloons with paint. You can use a funnel for a cleaner result or enjoy the sensory fun alongside the children and fill the balloons without a funnel.



1. Close the balloons’ opening at the top with a simple knot and use a safety pin to poke holes in the bottom of the balloon.
2. Time to paint!