

STARLIGHT'S OOZY GLOOP



YOU WILL NEED:

- 2 cups of cornflour
- 1 cup of water
- Food colouring (optional)
- Glitter glue (optional)
- A bowl and spoon for mixing

METHOD:

- 1. PREPARE THE INGREDIENTS:** In a mixing bowl, add 1 cup of cornflour. If you want your gloop to be colourful, mix a few drops of food colouring into the cup of water.
- 2. ADD THE WATER:** Slowly pour the water into the bowl of cornflour, a little at a time. Stir as you go. You may not need all the water – experiment with the texture as you go.
- 3. MIX AND ADJUST:** Keep mixing with a spoon or your hands. The gloop should feel firm when you squeeze it, but drip through your fingers when you let go. If it's too thick, add some more water. If it's too runny, add a bit more cornflour.
- 4. PLAY WITH YOUR GLOOP:** Your Starlight Oozy Gloop is now ready to play with! Squeeze, press, and let it ooze through your hands. Watch how it changes from solid to liquid as you play. Be sure to store it in a sealed container and **do not pour it down the sink**.

FUN IDEAS TO EXPLORE GLOOP:

CHANGE THE TEXTURE: Add more water to make the gloop runnier, or more cornflour to make it firmer.

ADD COLOUR: For extra colour, add washable paint, or some more drops of food colouring to the gloop. Can you make a rainbow?

SENSORY EXPLORATION: Close your eyes and just feel the gloop. Is it cold? Soft? Does it move fast or slow? Describe it to someone! It's both a solid and a liquid!

EASY CLEANUP: When you're finished, let the gloop dry out and throw it in the bin. **Don't pour it down the sink**, as it can clog the drain. Clean bowls and tools with warm water and a cloth.

SAFETY FIRST:

All activities should be supervised by an adult. Be sure to check materials for wear, breakage, or choking hazards, especially with younger children. Always follow age-appropriate guidance and clean up after play.



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STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

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