

Slime Recipes for Messy Play

Ages 1+

Benefits of Messy Play

Messy and sensory play helps children to strengthen and develop their fine motor skills, and eye hand coordination. It also build up a repertoire of different textures, smells, sounds, sights (and often tastes!) that your child experiences to support the sensory system. If you ask simple open ended questions while your child is exploring with the slime such as “what does it feel like?” you also support their language development.

Home Made Slime Recipes

These are some easy ways to make slime of many different textures for some messy sensory play. You can also add food colouring if you prefer.



Dissolved grated soap



Dissolved soap whisked up to make fluffy



Soaked oats made guggy



Plain flour with water



Soaked tapioca pearls (soak overnight or cook & cool)



Soaked chia seeds