

Edible Slime

How to make your own 'safe to eat' slime

Equipment needed;

- ¼ cup Chia seeds
- Cornflower
- 2.5 cups Water
- Food Colouring



What to do;

1. Encourage your child to explore the dry ingredients using touch and sight
2. Place the chia seeds in a bowl and cover with the water.
3. Leave them over night in the fridge
4. Mix them and divide the mixture into smaller bowls (depends how many colours you want)
5. Add a few drops of food colour and gentle stir.
6. Add cornflower until the mixture becomes gloopy and is sticky but comes off your hand cleanly
7. Store in an air tight container and in the fridge. It will last for a week
8. Have fun

Play ideas;

- Take time to share the process of making the slime, explore the ingredients as you add each one
- Let the child/young person run their fingers through the ingredients independently or coactively.
- The ingredients in this activity are edible, more for safety than anything else. Experiment with adding flavours to either scent or flavour the slime. Try orange juice, vanilla extract, herbs...
- Add plastic toys to the slime and 'dig' to find them
- Split the mixture before you add colouring and have a selection of colours. Try mixing the colours together to see what happens, what colour does it make?