

simple at-home 
creative crafts and
activities for families

by Ana Dziengel



cheap & easy crafts

how to use this guide:

1. Check the day for (3) project options based on the ages of your kids.
2. Click the link to be taken to the directions on our website OR flip to the day's page in this guide for directions.
3. Click the play button to see the day's projects and other related ideas on YouTube.

materials:

- Flour
- Dish soap
- Lemons
- Corn Syrup
- Oil
- Cornstarch
- Vinegar
- Salt
- Epsom Salt
- Food Coloring
- Glue
- Paper Towels
- Milk
- Eggs
- Recycled plastic lids

day 1

play recipes

Project Options:

- [Cloud Dough](#) 3+
- [Play Dough](#) 3+
- [Oobleck](#) 3+

Video playlist

day 2

reactions

Project Options:

- [Lemon Volcano](#) 3+
- [Magic Milk](#) 3+
- [Wizards Brew](#) 5+

Video playlist

day 3

exploring color

Project Options:

- [Cosmic Suncatchers](#) 3+
- [3 Homemade Paints](#) 3+
- [Tie Dye Paper Towels](#) 4+

Video playlist

day 4

that's salty

Project Options:

- [Salty Rainbows](#) 3+
- [Epsom Salt Crystals](#) 6+
- [Ice Sculptures](#) 3+

Video playlist

day 5

science magic

Project Options:

- [Bleeding Blossoms](#) 4+
- [Layered Liquids](#) 6+
- [Rubber Eggs](#) 6+

Video playlist

materials:

- Flour
- Oil
- Cornstarch
- Salt
- Food Coloring
- Cream of Tartar (optional)
- Water
- Mixing bowls
- Tray
- Measuring spoons

activity ideas:

cloud dough pretend play:

Set up an ice cream shop. Use ice cream cones and scoops with the cloud dough.

play dough color mixing:

Make a playdough color wheel. Mix up a batch of playdough in each of the primary colors. Combine different ratios of each to create secondary colors.

make oobleck dance: If you have a speaker available, lay it on its side and place plastic wrap over the speaker cone. Place oobleck on the plastic wrap. Connect your speaker to a smart phone and play a low frequency test tone on YouTube. The oobleck should "dance."



cloud dough recipe

basic ratio: 8 to 1: Flour to Oil

ingredients:

- Flour
- Oil baby oil or canola oil

instructions:

- Add 2 cups flour to a bowl.
- Add ¼ cup of oil. Stir to combine.
- Knead the dough with your hands to fully mix.

note: To color cloud dough you must use oil based candy food coloring or crushed chalk.

variation: Sprinkle in cocoa powder to add color and scent!

play dough recipe

ingredients:

- 1 Cup Water
- 1 Cup Flour
- 1/2 Cup Salt
- 1 Tbsp oil
- 1 Tbsp Cream of Tartar recommended for longevity
- Food coloring

instructions:

- Add all ingredients to a large saucepan and stir to combine.
- Heat saucepan over medium heat stirring constantly.
- After about 3–5 minutes the playdough should start to form a solid mass.
- Remove the pan from heat, place the dough into a large bowl and let cool.

oobleck recipe

basic ratio:

2 to 1: cornstarch to water

ingredients:

- 2 Cups Cornstarch
- 1 Cup Water
- Food coloring

instructions:

- Pour 2 cups cornstarch into a bowl.
- Add 1 cup of water and stir to combine.
- If adding food coloring to your oobleck do it at the mixing stage.

When mixed you should be able to press it into a ball in your hand; when you release the pressure the ball should "melt" back into a liquid.

materials:

- Lemons
- Baking Soda
- Food Coloring
- Vinegar
- Milk
- Dish soap
- Q-tips
- Shallow plate
- Jar
- Tray
- Craft Stick
- Cup & Spoons

extension ideas:

lemon volcanoes:

Turn this into a science experiment and test different citrus fruits to see which produces the best reaction.

magic milk: Gently dip watercolor paper in the milk to capture the reaction and produce marbled paper.

wizard's brew: Make it change colors! Add a tablespoon of vinegar mixed with one color of food coloring every so often. Make sure to dump the colored vinegar into the center of the brew.



lemon volcanoes

ingredients:

- Lemons
- Baking Soda
- Food Coloring
- Craft Stick
- Dish soap
- Tray & Spoons

instructions:

- Slice the bottom off the lemon and slice out the core.
- Use a craft stick to mush the center of the lemon.
- Place a few drops of food coloring in the lemon.
- Add a good squeeze of dish soap to the lemon.
- Add a spoonful of baking soda to the lemon.
- Take the craft stick and stir the lemon juice and baking soda to create a reaction.

magic milk

ingredients:

- Almond Milk or Cow's Milk
- Dish soap
- Q-tips
- Food coloring
- Shallow plate or wide bowls

instructions:

- Fill a plate or bowl with a shallow layer of milk.
- Add a few drops of food coloring.
- Dip the end of a q-tip in dish soap, then dip the q-tip into the milk. The color will burst.
- Repeat until the colors begin to mix and become brown. Empty your plate/ bowl and try again.

wizard's brew

ingredients:

- Baking Soda
- Food coloring
- Dish soap
- Vinegar
- Jar & Tray

instructions:

- Fill the jar halfway with vinegar.
- Add a few drops of food coloring.
- Squeeze in some dish soap and stir.
- Add in a heaping teaspoon of baking soda, stir again, and watch the foaming begin.

To keep the reaction going continue adding baking soda and vinegar when it starts to slow.

materials:

- White Glue
- Food Coloring
- Cornstarch
- Corn Syrup
- Pudding Mix
- Toothpicks
- Plastic lids
- Hole Punch
- String
- Paper towels
- Pipettes
- Jars
- Cup & Spoons

project tips:

cosmic suncatchers:

As the colors settle they will continue to expand and create a dyed psychedelic effect. The suncatcher will need a few days to fully dry. You will know it's ready when the edges start to peel off the lid.

homemade paint: Pudding paint is a great finger paint. Syrup paint remains semi-sticky even when fully dry.

tie dye towels: If you don't have pipettes, simply dip the folded towels in shallow bowls of food coloring mixed with water.



cosmic suncatchers

materials:

- White Glue
- Food Coloring
- Toothpicks
- Plastic lids
- Hole Punch
- String

instructions:

- Pour glue into plastic lid to cover bottom of lid.
- Add drops of food coloring to the glue.
- Swirl the colors around in the glue using a toothpick. Stop swirling before the colors get too combined.
- Let dry for one to three days.
- Peel the suncatcher off the lid, punch a hole through the top, add a string, and hang in a sunny window.

corn syrup paint

- Pour corn syrup into a small dish.
- Add a couple drops of food coloring.
- Mix to combine.

cornstarch paint

- Mix 2 parts cornstarch and 3 parts vinegar in a shallow bowl.
- Add food coloring to make the hue you desire.

pudding paint

- Make pudding according to package directions.
- Separate the pudding into separate containers.
- Add a couple drops of food coloring to each container.

tie dye towels

materials:

- Paper towels *Use super absorbent towels*
- Food Coloring
- Pipettes
- Water
- Jars

instructions:

- Fold a paper towel as small as you can.
- Drop food coloring on one side of the folded towel with pipettes.
- Turn over the folded towel and drop food coloring on the other side.
- Open up the paper towel to reveal the design.

materials:

- Salt
- Food coloring
- Pipettes
- Recycled plastic lids
- Glue
- Epsom Salt
- Glass Jars
- Bowl
- Measuring cup
- Spoon
- Pebble or sand
- Ice Blocks
- Squeeze Bottles
- Salt shakers
- Large Tub

project tips:

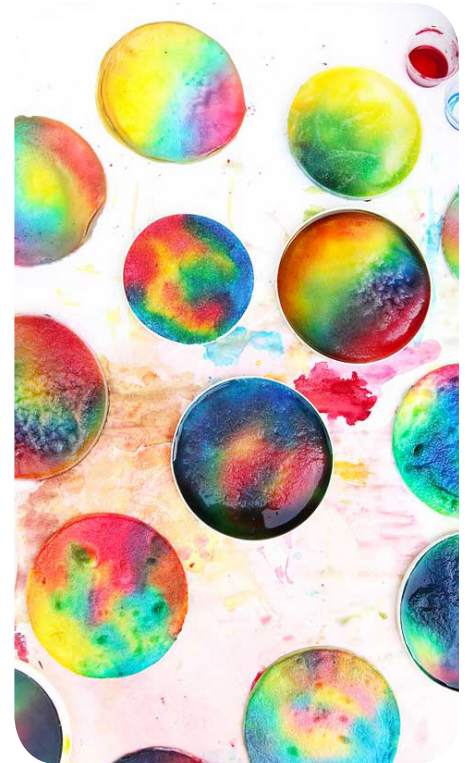
salty rainbows:

This is a process art project that focuses on the experience of making rather than the outcome of the final project.

epsom salt crystals:

Crystals need something to grow on and an impurity in the water like grain of sand will help ensure they have a place to grow.

ice sculptures: The icy salt water will be VERY COLD. Monitor the project so small children don't leave their hands in the water and get frostbite!



salty rainbows

materials:

- Salt
- Food Coloring in primary colors
- Water
- Pipettes
- Recycled Plastic Lids
- Glue

instructions:

- For each color, mix 1 Tbsp of water with 5-6 drops of food coloring.
- Sprinkle a thick layer of salt in your plastic lids and shake to spread evenly.
- Use your eye droppers to drip paint into the salt. Watch secondary colors appear when the primary colors mix.

epsom salt crystals

materials:

- Epsom Salt
- Clean Glass jars
- Food Coloring
- Hot Tap Water
- Measuring Cup
- Spoon
- Pebble or Sand

instructions:

- Add 1 cup each of Epsom salt and very hot tap water to your jar.
- Stir for 1-2 minutes to dissolve the salt.
- Drop in a pebble or a few grains of sand.
- Place the jar in the back of your refrigerator overnight.
- The next day pour out the extra liquid to reveal crystals.

ice sculptures

materials:

- Ice Blocks
- Squeeze Bottles
- Warm water
- Salt
- Food coloring
- Salt shakers
- Large Tub

instructions:

- Place the blocks of ice in a water table or large tray.
- Fill the squeeze bottles with warm water, drop in some food coloring if desired.
- Hand your child a squeeze bottle and/or salt shaker and tell them to try melting the ice blocks!

materials:

- Jars
- Tray
- Corn Syrup
- Oil
- Food Coloring
- Eggs
- Distilled White Vinegar
- Paper
- Washable Markers
- 6" Bamboo Skewer
- Paper Towels
- Cups
- Water

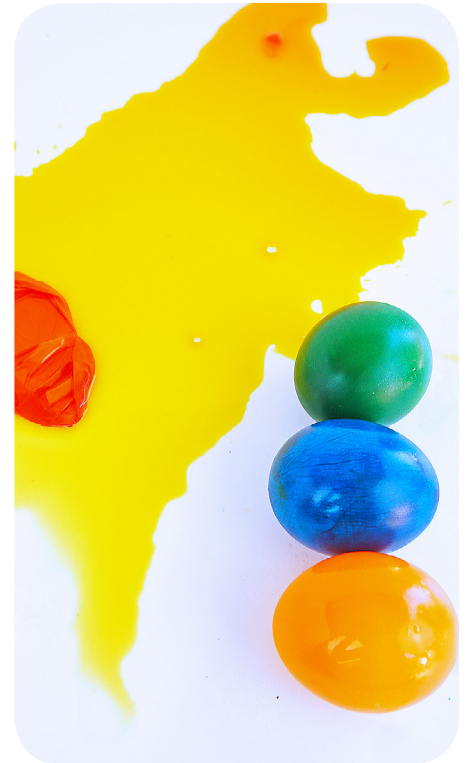
project tips:

layered liquids:

Leave a little room at the top of your bottle/jar. Add in a tab of Alka Seltzer. Watch it create bubbles and movement to create a "lava lamp."

rubber eggs: The egg will be bouncy and rubbery but it is still raw on the inside. Press it and bounce to test just how rubbery it is but beware, it will still break! Make sure you break at least one to see what the egg looks like inside!

bleeding blossoms: If you have a spray bottle, spray the flowers with a mist of water and watch the blossoms open!



layered liquids

materials:

- Jars
- Tray
- Corn Syrup
- Water
- Food Coloring
- Oil

instructions:

- Place the jar in the middle of a tray.
- Pour 1/4 cup or so of corn syrup into the jar
- Add water into your jar along with add some drops of food coloring.
- Add about a 1/2 cup of oil to the jar.

rubber eggs

materials:

- Eggs
- Clear cup or jar
- Distilled White Vinegar
- Food Coloring
- Bowl of water

instructions:

- Place a raw egg in a clear cup.
- Pour enough vinegar in the cup to submerge the egg.
- Add in a few drops of food coloring and stir gently.
- After about 3-5 days remove the egg from the vinegar and place it in a bowl of water. Gently rub away the shell to reveal the membrane that lies just below it.
- Bounce your egg carefully!

bleeding blossoms

materials:

- Template
- Washable Markers
- 6" Bamboo Skewer
- Paper Towel
- Cup
- Water

instructions:

- Color and cut the blossoms.
- Wrap a paper towel around the skewer.
- Thread 2-3 blossoms on the skewer. The lowest blossom should touch the paper towel.
- Fold the blossoms to "close" the flower.
- Place the stem in a cup with 1" of water at the bottom.
- Leave the flower overnight.

Bleeding Blossoms Template

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Instructions

1. Color the blossoms with water soluble markers.
2. Cut out the blossoms.
3. Wrap a paper towel tightly around a 6" long skewer.
4. Thread 2-3 blossoms on the skewer with the lowest blossom touching the paper towel.
5. Place a wood bead at the end to hold everything in place.
6. Fold the blossoms at the dotted lines to "close" the flower.
7. Place the stem in a glass with about 1" of water at the bottom.
8. Gently spray the flower with water and watch the blossom open!
9. Leave the flower in the jar for several hours and watch what happens....

