



Slime

Sensory Art

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WHAT MAKES IT MEANINGFUL

This activity can help live a meaningful life because when you have created something with your hands that you and others can use it gives a sense of accomplishment and pride. It can help build up self confidence and add to overall joy in your life.

Doing craft everyday can simulate the mind and give you something to think about, and can be a very helpful outlet if you are feeling stressed and need something to distract yourself. With this specific craft you can play with the slime until you are done with it and it is easily kept so that you can have it for a long time, as a toy or even as a stress toy.

TIME

This activity can take 15-20 minutes.

MATERIALS

Include any necessary or suggested materials needed for the activity.

- Glue (\$18.00)
- Food coloring (\$8.50)
- Borax mixed with water (\$8.00)
- Shaving cream (\$5.00)
- Sparkles (\$3.00)
- Any other things you would like to put in

INSTRUCTIONS

Include any instructions needed:

1. Start by putting you glue into a bowl, about the amount of slime you want to make.
2. Next mix in your food coloring, add it in until you have the color you desire.
3. Add some borax to the mixture, start with a little and keep adding till slightly sticky.



Activity Title

4. Once it has more or less come together, put it on a non sticky surface and knead it until it has come together as one cohesive mixture.
5. This is the time where you can add any extra things like shaving cream, beads, foam beads, etc.

RESOURCES

[HTTPS://WWW.MOMDOESREVIEWS.COM/2019/01/13/THE-BEST-HOMEMADE-BASIC-SLIME-RECIPE-FOR-HOURS-OF-FUN/](https://www.momdoesreviews.com/2019/01/13/the-best-homemade-basic-slime-recipe-for-hours-of-fun/)

SUPPORTS NEEDED

The borax is a chemical that should not be touched with your hand until it has been slightly mixed in with the glue.

OTHER THINGS TO NOTE

If you want to use it again then you must put it in an air tight container or sealed in a bag.