

Edible Kinetic Sand

What you will need –

- 1 cup of baking soda
- ½ cup of cornflour
- ½ cup of granulated sugar
- 1 tablespoon of cream of tartar
- 3 to 4 tablespoons of water
- Variety of food colouring
- Mixing bowls
- Spoons



Method:

1. Pour the dry ingredients into bowl and mix
2. In a separate bowl mix water with some drops of food colouring
3. Pour small amount of coloured water into dry ingredients and mix
4. Continue to add small amount until you get desired texture
5. Kinetic sand should be mouldable like wet sand
6. Once finished playing with, you can store it in an airtight container until using again

It is recommended to heat the flour before use. this involves heating the flour to a temperature of 70°C for a minimum of 2 minutes. This process helps to kill any harmful bacteria that may be present in flour.

Benefits:

- Develop fine motor skills and strengthen hand muscles.
- Encourages imagination and creativity
- Promotes play through touching textures either with hands or feet or in any way they can.