Play Therapy for Children

**Finger Paint:**

1 packet unflavored gelatin  
½ c. cornstarch  
3 Tablespoons sugar  
Liquid detergent  
food coloring  

Pour packet of unflavored gelatin in ¼ cup warm water. Set aside.  
Combine cornstarch with sugar, gradually add 2 cups water. Cook over low heat 5 minutes, stirring constantly. Remove from heat, add gelatin mixture and separate into container for colors. Pour in a dash of liquid detergent & food coloring. Paints will keep in fridge 5-6 weeks.

**Play Dough:**

Mix thoroughly- 1 c. white flour, ½ c. salt, 2 tsp cream of tartar  
Add- 1 c. water, 1 tsp salad oil  
Combine & cook over low heat, stirring constantly. Separate and add coloring. Does not get firmer when cooled. Store in airtight containers.

**Play Clay:**

1 c. table salt  
1 c. water  
2 c. flour  
food coloring  
4-6 drops oil of cloves or wintergreen  

Mix salt, flour & water to consistency of heavy dough. Add oil and mix thoroughly. Add color and mix again. Store in airtight container.

**Pudding Paint:**

Mix vanilla instant pudding with tempura paint or mix instant chocolate pudding with water. Finger paint.

**Jello Play:**

4 packages Jello  
2 packets Knox Gelatin  

Dissolve in 2 cups of hot water. Let set in fridge until firm. It's fun to play with and it won't melt!

A pleasant smelling home is inviting and soothing to the whole family!

**Granny's Aromatic Secret:**

1 whole nutmeg  
1 T whole Allspice  
5 cinnamon sticks  
1 T.whole cloves  

Halve nutmeg and add all ingredients to 3 cups of water. Bring to boil, then simmer. Can reheat this many times over. Store in fridge.

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