

Taste Safe Textured Slime



Materials

- 1/4 cup chia seeds
- 1 3/4 cup water
- Food colouring
- 3-4 cups cornflour

Mix the chia seeds, water and food colouring together. Cover and refrigerate overnight. Uncover and add the cornflour a cup at a time. Mix and then continue until you achieve the desired consistency. (Should be easily removed from hands). Store covered in the fridge. You may need to add a little water each time you use it.

Great for fine motor and developing hand/finger strength. Get your child to copy you making actions such as rolling, pinching, poking and squeezing. Do this along to music to make it even more fun!