



Chia Seed Slime Recipe

We know how much our little friends love sensory experiences, so here is a recipe for safe slime we have made at the centre! It can get a little messy though but that's okay! We suggest wearing old clothes if possible, to avoid any sticky slimy stains on your good clothes! We can't wait to see photos if you give this a try! 😊

⇒ *We also suggest keeping this mixture for no more than 2 days at a time to ensure it doesn't go yucky.*

Ingredients:

- ¼ cup chia seeds
- ¾ cups of water
- 2-4 cups of cornflour/corn starch
- Food colouring
- Flavour/scent (optional)

Recipe Steps/Process:

- Place the chia seeds in a large bowl and add water.
- Add food colouring to the chia seeds and water.
We found 5+ drops worked best, and we also used gloves to mix so the colouring didn't stain our hands.
- Cover the bowl with cling wrap and leave in the fridge overnight to allow the chia seeds to absorb the water.
- Once the mixture is ready, begin slowly mixing in the cornflour.
We found we needed to use a full 500g bag of Woolworths Essentials cornflour to get the slime to the right consistency for us.
- The slime is ready!
For storage we suggest using a zip lock bag or an air-tight container. If the slime becomes a bit hard, mixing it with a little bit of water will return it to its slimy state!

