

Lesson Plan: “Chia Slime Dough”

Materials

Chia Seed Slime Dough

Recipe: mix $\frac{1}{2}$ cup Chia Seeds with 2 cups water, let sit. Gradually add in $\frac{1}{2}$ cup flour. Add food colouring or essential oil, if desired.

Ziploc bags, and tray (to put Slime Dough into)

Smocks, paper towel

Instructions

(hand-over-hand assistance where needed)

1. Put on apron
2. Give students a tray with Slime Dough on it OR a Ziploc with Slime Dough in it.
3. Students explore texture and properties of Slime Dough (chia seeds move around in dough). Exploratory sensory play, no outcome required.
4. Wipe hands if student is in wheelchair. Mobile students can walk to sink to wash paint off of hands.

* note: to save Slime Dough, cover with saran wrap or put in container with lid, or place in Ziploc bag.

