

Occupational Therapy

Homemade Slime Recipe

Ingredients (makes one cup of slime):

- 8-ounce bottle of Elmer's white school glue
- 1 1/2 - 2 tablespoons contact saline solution, more as needed
- 1 tablespoon baking soda
- Food coloring (optional)

How to Make:

1. Add glue and food coloring into bowl and stir until combined
2. Mix in baking soda
3. Add in saline solution and mix until combined
*If it's too sticky add ½ tablespoon more solution at a time
4. Knead the slime using your hands
5. Store the slime in a container with a lid or in a zip lock bag

Tips and Tricks:

- Use plastic bowls and spoons to make clean up easier
- Get the color correct before adding the saline
- Play with the slime on a place mat, plastic tablecloth, or trash bag
- Feel free to double or triple recipe based on how many kids there are

