

Monster Oobleck

Time: About 10-15 minutes • Mess: Messy sensory play; keep it inside a bowl on a tray.

Quick setup

Work together at a stable, covered table, with a grown-up alongside throughout. Check labels for age guidance and ingredient sensitivities; use only the listed materials. Keep food separate and materials away from mouths and eyes. Children who still taste materials can choose colors and watch while you handle the supplies. Wash hands afterward.

What You Need

- 1 cup cornstarch
- About ½ cup room-temperature water
- A wide plastic bowl
- A spoon
- A tray with raised edges
- Optional: a drop or two of food coloring

Your child's part

Choose a monster color, help stir once the powder is damp, and compare slow movements with quick ones.

The grown-up's part

Measure and gently add the dry cornstarch, keeping it low in the bowl to avoid a cloud of powder. Help adjust the mixture.

There is no need to use fingers: a spoon works well for children who prefer to keep their hands clean.

SAFETY WARNING • Before you mix

Oobleck is for exploring, not eating. Avoid breathing in the dry powder, keep the mixture away from eyes, and stop if skin becomes irritated. Food coloring may stain clothing and surfaces.

Try It Together

- 1 Prepare the ingredients.** Put the cornstarch in the bowl. If using food coloring, mix it into the water first.
- 2 Mix a little at a time.** Gradually add most of the water while stirring slowly. Add the remaining water a little at a time until the mixture flows slowly but resists a quick poke.
- 3 Explore with a spoon.** Try moving the spoon through it slowly, then pressing more quickly.
- 4 Try a squeeze, if you like.** If your child wants to touch it, squeeze a little in one hand, then relax their fingers over the bowl.

Adjust the mixture: Too runny? Stir in a little more cornstarch. Too dry and crumbly? Add water a few drops at a time.

Cleanup

Discard the mixture after the activity. Scrape it into the trash and wipe remaining residue from the bowl and tray before washing them. Keep oobleck out of the drain because it can clog pipes.