



Kinetic Sand

Kinetic sand is not only fun to play with, it has a range of benefits for your child.

Exposure to a new sensory input different from sand, builds fine motor skills (finger strengthening, dexterity, in hand manipulation etc.), improves bilateral coordination skills (using both hands together to mold and shape) and strengthens visual motor skills such as eye-hand coordination.

Here is a handy DIY kinetic sand recipe to make at home...

INGREDIENTS:

- ⇒ 2.5 cups of dry sand
- ⇒ 1.5 cups cornflour
- ⇒ Half a cup of oil (add food colouring if desired)

METHOD:

To make this kinetic sand recipe, just remember the ratio 5:3:1. That way, whether you have a measuring cup, or just a little container or scoop, you can get the ratio right. Its 5 parts sand, to 3 parts cornflour (you can also substitute flour for the cornflour), and 1 part oil.

1. Mix sand and cornflour together completely.
2. Add oil and mix well.
3. When there are no oily spots and no dry spots, the sand is ready to play with.