

Easy Taste Safe Psyllium Husk Slime

This was my first attempt at making slime and my preschooler son enjoyed helping.

I was glad that it used ingredients that I usually have in the house and that are not unsafe (like glue or borax I saw in other recipes).

What you'll need

- Psyllium husk
- Water

Kids will learn about:

Sensory
Colour Recognition

Categories:

Quiet Time
Sensory
Outdoor

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Steps

1. Make as many batches of slime as you want.

Add one tablespoon of psyllium husk to one cup of water and add food coloring. Stir and microwave for two minutes. Stir again and microwave for one more minute. Let cool.

2. Add slime to sensory bin and invite kids to play