

Amachi  
PITTSBURGH  
Hands of Faith in Action

CREATIVE  
ACTIVITY  
IDEAS

EASY, CHEAP & FUN ACTIVITIES TO DO  
WITH YOUNGER MENTEES

AGES 5-10

# TWO INGREDIENT SENSORY DOUGH

A FUN, HANDS ON ACTIVITY FOR  
YOUNGER MENTEES IN THREE  
EASY STEPS!

## What you need:

8 cups All Purpose Flour

1 cup Baby Oil

Mixing Bowl

Large Spoon or Whisk

Tray for finished dough

## ONE

Put all purpose  
flour into bowl

Add baby oil

## TWO

Mix the  
ingredients  
together using a  
spoon or whisk

Put dough into a  
container

## THREE

# PLAY!

Fun fact: sensory play is integral to human development. Activities like this are the best way for children to explore, process new things, and learn!

# PAPER PLATE TAMBOURINES

## Fun Facts:

Music helps children to develop fine motor skills.

Children who play an instrument are also found to have better emotional control.

Tambourines are used across many cultures

The instruments were used as far back as 2,000 years ago!

## What you need:

Two Paper Plates

Dried Beans

Stapler

Things to decorate your plates!

Set one open faced paper plate on a table

Dump a handful of beans into the plate

With the help of an adult, staple the second plate onto the first

Decorate your plate using markers, glue, glitter, crayons or stickers and PLAY!

# HOMEMADE SIDEWALK CHALK

## Instructions:

\*\* Adult supervision and help needed!

1. Cut paper towel tubes in half
2. Cover one end of the tubes with duct tape
3. Cut one 6x6 inch wax paper sheet for every tube
4. Roll the wax paper and stick it into the tube as a liner
5. Stand each tube onto a baking sheet
6. Put down the trash bag or tarp
7. Over the tarp, pour warm water into the bucket
8. Sprinkle in the plaster of paris
9. Stir quickly! Don't let it harden.
10. Mix in the tempera paint to add color
11. Pour or spoon the mixture into the tubes
12. Tap the sides to pop air bubbles
13. Trim the excess wax paper
14. Let the chalk dry. This can take several days, so plan ahead!
15. Peel away the paper towel tube and the wax paper.

## Ingredients:

Paper towel tubes  
Duct tape  
Wax paper  
Baking sheet  
Trash bag/tarp  
Warm water  
Plaster of paris  
Tempera paint (for colors)  
Bucket  
Large spoon  
A big sidewalk!



## Fun Facts:

Chalk is a great drawing tool. It goes onto many surfaces and wipes away easily with water.

Chalk is found naturally in the earth. It was one of the earliest types of rocks to be studied under a microscope!