Rainbow Stew

MATERIALS

flour
salt
water
tempera paint
plastic squeeze bottles

INSTRUCTIONS

1. Mix equal parts of flour, salt, and water in a bowl.
2. Add liquid tempera paint for color in desired amount.
3. Pour into plastic squeeze bottles.
4. Squeeze mixture onto cardboard or heavy paper.
5. Mixture will harden in a puffy shape.
6. Colors will pool together without mixing.

CONSTRUCTION

1. Mix ½ cup sugar and 1 cup cornstarch. Add 4 cups cold water. Heat until it begins to thicken, stirring constantly. Cool.
2. Divide the mixture equally into three containers, then add food coloring (one color per container) until the mixtures reach the color intensity desired.
3. Add 3 heaping tablespoons full of each color to a heavy duty sealable bag.
4. Seal the bag and tape it closed. Label each bag with a child’s name.
5. Have the children knead their bag, mixing the colors into a rainbow stew.
6. Hang the finished rainbow stew on a wire stretched over the window so everyone can enjoy the creations.

VARIATIONS

Putting different amounts of colored mixtures in the bag varies the colors created. Heat or cool your mixtures and observe the differences.

COMMENTS

In time, these mixtures may get moldy, so store them in the refrigerator. There are approximately 3 cups of cornstarch. One double batch yields enough for 25 children; each gets one small sandwich bag and one teaspoonful of each color. Cooking time is approximately 25 minutes for a double batch.