

DIY Kinetic Sand - Easy 3-Ingredient Recipe for Endless Sensory Play

DIY Basic Kinetic Sand: Sensory Fun That's Easy to Make



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INGREDIENTS

- 4 cups fine play sand (make sure it's clean and dry)
- 2 tablespoons baby oil (or light mineral oil)
- 1% tablespoons dish soap (Dawn or Joy work well)

DIRECTIONS

1. Start with the : SandPour 4 cups of clean, dry sand into a large bowl or bin.
2. Mix the : Liquid IngredientsIn a separate cup, stir together 2 tablespoons baby oil and 1% tablespoons dish soap until combined.
3. Combine and : MixSlowly drizzle the liquid mix over the sand. Stir well using your hands or a large spoon. Continue mixing and kneading until the texture is moldable but soft. It should clump when squeezed, but fall apart when pressed.
4. Adjust as : NeededIf it's too dry, add a small amount of oil. If too sticky, sprinkle in more dry sand.

SWAPS & NOTES

& Swaps Sand: Craft or playground sand from a hardware store works great.

Look for "clean" or "washed" sand that's labeled safe for play.

Oil: Baby oil smells nice and keeps the texture soft, but mineral oil or even vegetable oil can work in a pinch.

Soap: Dish soap helps bind the ingredients and gives it that signature movement.

TIPS FOR SUCCESS

Use a large plastic bin or tray to contain any mess and make cleanup easy.

Store in an airtight container to keep it fresh and soft for weeks.

Add different textures with shells, plastic tools, or toy figures to extend play.

Color it naturally using food-safe dyes or keep it neutral for open-ended play.

