

Frogspawn

Taste-Safe Sensory Recipe



You will need:

- A large container or tub
- A large bowl
- Chia seeds
- Water
- Spoon
- A wipeable table covering
- Plastic toy frogs
- Optional - Foam lily pad shapes, electric food blender



Method

1. In the large bowl, mix one quarter of a cup of chia seeds with two full cups of water. Stir the seeds and ensure all the seeds are submerged in the water.
2. The seeds will need to soak in the water overnight or for several hours. Return to the seeds part way through the soaking process to stir and break apart any lumps that have formed.
3. After several hours of soaking, the chia seeds will be fully expanded and have a jelly-like consistency.
4. Before presenting the seeds to children, stir through again to remove any lumps. Alternatively, you may wish to liquidise the seeds with an electric blender.
5. Transfer the chia seed frogspawn to the large container.
6. Provide children with plastic toy frogs, placing them on, or hidden under, the frogspawn.
7. The Taste-Safe Frogspawn is now ready for children to discover, manipulate and play with.

Additional notes: Please be aware that chia seeds always need to be prepared carefully before adding to sensory play activities. Chia seeds require soaking in water, well in advance, so that they have fully expanded and become a jelly/liquid consistency. In addition, before using, always stir or blend the mixture to break up any lumps.

This recipe is intended to be used as soon as it has been made and not stored for future use.

Disclaimer: This resource is provided for informational and educational purposes only. As this resource refers to sensory activities, sometimes including food items/ingredients, you must ensure that an adequate risk assessment is carried out prior to using this resource. This resource is not taste-safe. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. Please be aware that learners should be supervised at all times due to potential hazards with handling and exploring sensory objects, particularly young or vulnerable learners. Sensory activities can engage learners in their play and learning, but supervising adults should check for allergens and assess any potential risks before the activity and only proceed if it is safe to do so, for example, even the shallowest amount of water can be extremely dangerous. Learners should wash their hands before and after these activities.