**Squishy bags**

You will need:

1 cup of flour

6 tablespoons of water

Food colouring

Zip lock lunch bags

Tape

Cotton bud

* Place the flour in a small bowl then add food colouring.
* Add water.
* Mx until all ingredients are well blended
* Scoop flour mixture into plastic zip lock bag
* Before fastening the end, place squishy bag onto flat surface
* Gently push any excess air out to avoid bubbles
* Press clips of bag closed and make sure there are no holes
* Place sticky tape along the opening to secure

Using a cotton bud , bags can be used to write name, letters, numbers, shapes.

For a sensory experience , watch what happens when you squeeze, squish and press (Cause and effect).

Add objects to the bags to find by moving the mixture around.