

# Little lights and The Ark – 23 May 2020

Hello everyone,

Are you fed up with not being able to hug some of your loved ones or those who you can see who need a hug.

Hopefully you are able to hug your little ones. I'm missing my grandson like mad but so grateful for Facetime.

There is a lovely video out at the moment called 'While we can't hug'. What are the lovely things we can do for others when we can't hug?

<https://www.youtube.com/watch?v=2PnnFrPaRgY>

I have done a very short video this week about one of Jesus's miracles where he heals a man from disease, or in our case 'Teddy Peter who has Tweazles'

[https://www.youtube.com/watch?v=eX3m\\_IPrbMk](https://www.youtube.com/watch?v=eX3m_IPrbMk)



## GLOOP recipe

Make a fascinating, curious substance that feels like both a liquid and a solid, with our ultimate gloop recipe. This activity is a little messy, but it's definitely worth it. As physical beings who love different sensory experiences most children love sensory play where they can dip their fingers and feel different consistencies. I have a recipe for gloop which is easily made with cornflour. Different coloured food colouring can change the colour of the gloop and children can play with fingers or spoons.

**Good for age:** 19 months (but older and younger children might enjoy it, too!)

**Skills developed:** moulding and squishing, fine motor skills, language

**What you'll need:** a large bowl (preferably plastic), two big spoons, cornflour, water, food colouring (optional), an apron or clothes you don't mind getting messy, and newspaper to protect the floor if you're playing inside

**What to do:** This game is probably best played outdoors, but if you're inside, put down plenty of newspaper to protect the floor. Either way, make sure your toddler is wearing clothes you don't mind getting messy.

Pour a cup or two of cornflour into a bowl, and gradually add water until you have a gloopy mixture. Let your toddler hold one of the spoons and help you "stir" as you go. Add a few drops of food colouring, if you're using it, and stir again.

Now roll up your toddler's sleeves and let him plunge his hands into the bowl. Pick up some of the gloop yourself and squeeze it. Note that as you apply pressure, it feels like a solid. Relax your hand and the gloop will run back into the bowl as a liquid.

Talk to your toddler about what he can feel, as the two of you squish and squash the gloop. For example, you can say, "When we squeeze it, it feels hard and solid. But when we stop squeezing, it goes runny again. Isn't that funny?" Make sure there's enough gloop for both of you – it can be surprisingly addictive!

Once it's gloopy, it's perfectly safe. There's no need to worry if your toddler gets a little bit in his mouth, but make sure he doesn't eat lots of it, as the raw cornflour isn't good for him.

with love Catherine Ark and Little lights