

# RAINBOW PUDDING FUN



## DIY Resource Sheet

### OVERVIEW

**Prep time: 10 minutes**

**Difficulty: Easy**

**Estimated Cost: 20 AED**

**Mess level: Medium**

**Age: 1 plus**

### Benefits:

Getting the kids in the kitchen is a great way to introduce them to food, recipes, cooking, mixing, measuring etc.

Experimenting with Pudding Paint is a super easy way to get started with this kind of learning for older kids.

This activity will make fun delicious art, fabulous memories, and then head right into the bath tub to get their stinky bodies cleaned off. They will probably also really enjoy the novelty of a shower or a bath in the middle of the day! I know mine do!

### Ways to adapt:

#### Kitchen Utensils

- **Cake Icing Spatula** – Have the kids smooth the Pudding over the surface of the Freezer Paper as smooth as they can.
- **Pizza Cutter** – Have the kids cut the Pudding in 1/2, 1/4, 1/8 What ever level they are at in Math
- **Whisk** – To make fun designs
- **Turner** – Move the Pudding to one side of the paper. See how many times it takes to move the Pudding from one side of the paper to the other.
- **Tongs** – Have them see if they can pick up the pudding with Tongs (this can be a little messy)
- **Potato Masher** – Use to make designs and you can use as a pudding stamp too!
- Look through your kitchen and see what you have that would be fun!

#### Games

- Either you or a sibling/friend can begin to draw and the other guesses what they are drawing
- Blind folded drawing. Tell them what to draw, blind fold them and see what it looks like when done!
- Just let them have fun making whatever they want...and licking their fingers.
- When you get to the end of your fun, add some sprinkles and EAT!

### What you need

- Vanilla pudding  
Food
- Coloring Shower
- Curtain liner

### Instructions

Make the vanilla pudding per the directions on the box and let it set up to perfection.

After spoon it into some smaller bowls and added the food coloring. Kids will have so much fun experimenting with the pudding, smooching it, painting it, and of course, eating it. Duh.

To book on to our next sensory class please message me directly on 0564429917  
Or check out all the available locations and classes online: [www.MumzandMunchkinz.com](http://www.MumzandMunchkinz.com)  
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