



**Diviértete creando y
reciclando**

Playdough

Making playdough is a science experiment, cooking lesson and craft project all rolled into one. We spend hours playing with it in our house, and there is always a lot of excitement in the air each time we whip up a fresh batch!

materials

- ½ cup of flour
- ½ cup of water
- ¼ cup of salt
- ½ tbsp cream of tartare
- 1 tbsp cooking oil

how-to

1 Get your helper to put all the ingredients in a pan and give it a good old stir. You can add some natural dyes to the basic recipe to make coloured dough (see page 13).

2 This step is for grown-ups only! Put the pan on a medium-low heat and continue stirring. Pretty soon it will start to look like something from a science fiction film and will stick to the pan – rest assured it will come good in the end! Once it forms a ball, turn the heat off and scrape the playdough onto a floured worktop.

3 Allow the dough to cool, then knead it for a few minutes until smooth.

4 Soak your pan in warm water for five minutes. After a quick wipe round with a cloth it will be as good as new!

hints and tips

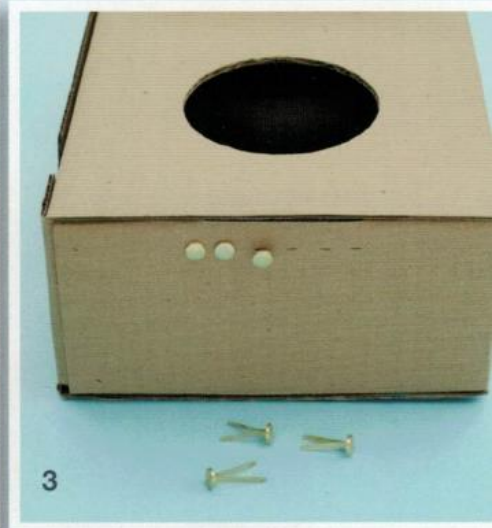
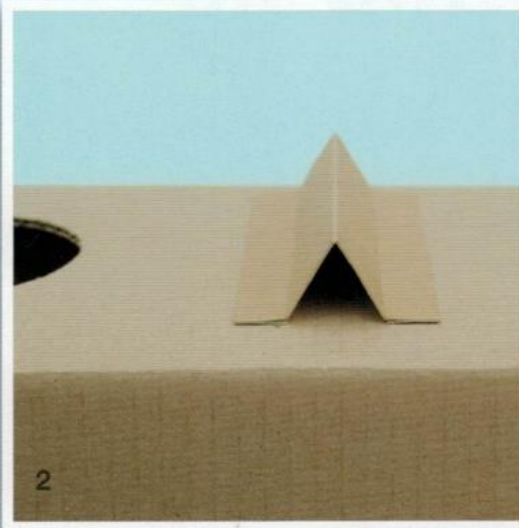
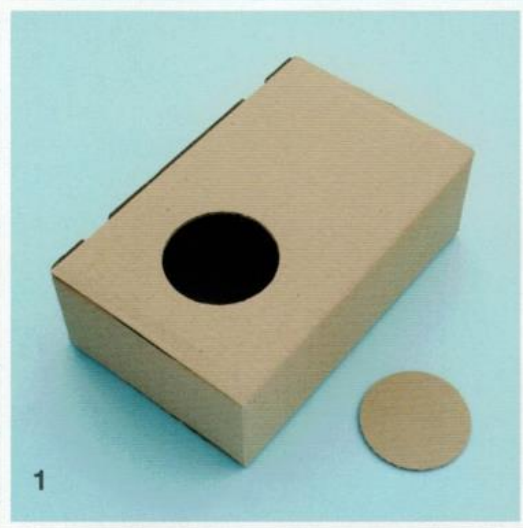
- Needless to say, this recipe is for a non-edible playdough!
- Remember not to let your little one/s anywhere near hot or boiling water.
- Natural dyes can stain, so it's best to wear an apron when preparing them. I've never had a problem with playdough staining hands or clothes once it is made.





Cardboard box guitar

You can make a pretty cool guitar from a simple cardboard box. I'd be lying if I said it was capable of knocking out Purple Haze, but Twinkle Twinkle Little Star is well within reach!



how-to

1 Take the cardboard box and tape the openings shut. Using a craft knife or scissors (grown-ups only!), cut out an 8cm/ 3¼in hole two thirds of the way down the face.

2 To make the raised bridge, take a piece of card measuring 12 x 6cm/5 x 2½in and score three horizontal lines along the length with a ruler and pencil. Fold the card as shown, and stick it to the box using the double-sided tape.

3 Push six paper fasteners in each end of your box, centred about 1cm/½in below the top edge. They need to be spaced about 1cm/½in apart.

4 Cut your rubber bands, then wrap one end around the first paper fastener. Pull the band to the paper fastener at the opposite end and wrap around again. Repeat with the remaining rubber bands.

5 To make the neck, take a piece of card measuring 20 x 35cm/8 x 13¾in. Score three lines along the length, 5.5cm/2¼in apart. Fold the card to form a triangular prism and secure the overlapping edge with sticky tape.

6 Using a craft knife or scissors (grown-ups only!), cut out a triangle with sides measuring 5cm/2in from the top of the body. Slot in the guitar neck. Once your guitar is complete, let your little one decorate it using felt-tip pens/markers or crayons.

hints and tips

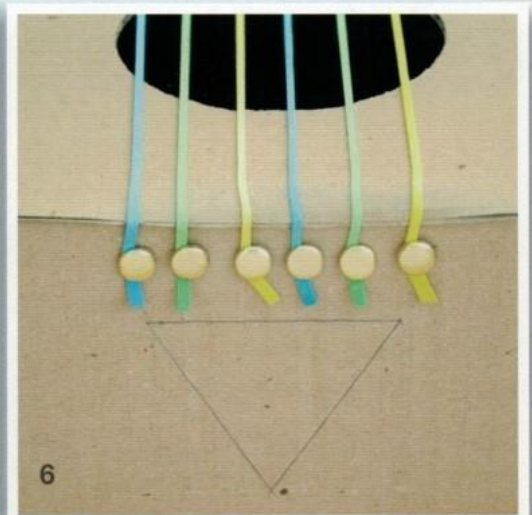
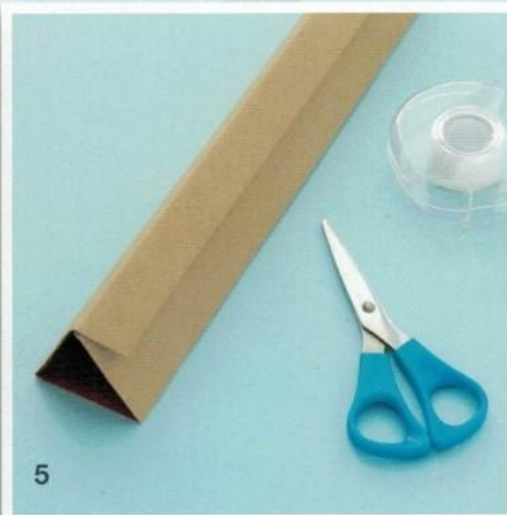
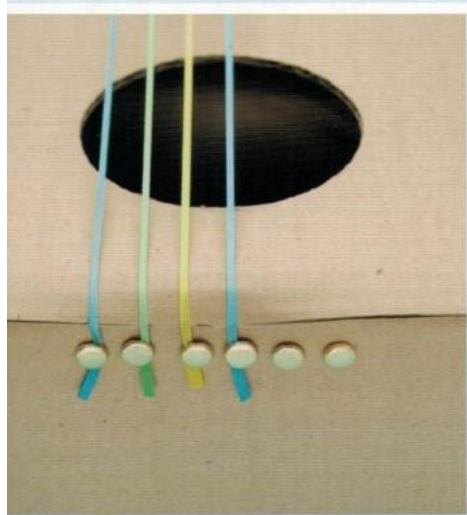
- The tighter your rubber bands the clearer and higher the sound. It's essential to use a fairly strong box as otherwise it may collapse under the tension.
- Ask questions about how the sound changes when the the tension in the rubber bands is increased/decreased. Your little helper will notice that tighter rubber bands produce higher pitched sounds and looser rubber bands produce lower pitched sounds.
- If you are running short on time you can make a super-quick guitar by stretching some rubber bands across an open cake or cookie tin (square tins work best).
- Make sure there is enough space between the rubber bands so that they don't touch.

eco info

This project makes good use of unwanted cardboard boxes.

materials

- Sturdy cardboard boxes
 - Sticky tape
- Craft knife/scissors
 - Thick card or cardboard
 - Ruler • Pencil
- Double-sided tape
- 12 paper fasteners
 - 6 rubber bands
- Felt-tip pens/markers or crayons





all-in-one bongo, shaker & guiro

This homemade instrument is a bongo, rice shaker & güiro all rolled into one. The best thing about it is that it's a doddle to make! Use chopsticks to bang on the drum or scrape down the sides of the güiro.



how-to

1 Scoop a small handful of uncooked rice or lentils into a clean can. Make sure the cans have smooth edges (most can openers today tend to leave a smooth edge on the tin). Coffee or infant milk formula tins also provide a great alternative to tin cans.

2 Cut the neck off the balloon. You may need to use sharp scissors, in which case this is a job for a grown-up.

3 Stretch the balloon tightly over the end of the tin. For extra durability use two balloons.

4 Secure the balloon/s in place with a rubber band. You're now ready to shake, rattle and roll!

eco info

This craft uses household and recycled materials.

materials

- Empty, clean tin cans
- Uncooked rice or lentils
 - Balloons
 - Scissors
- Rubber bands



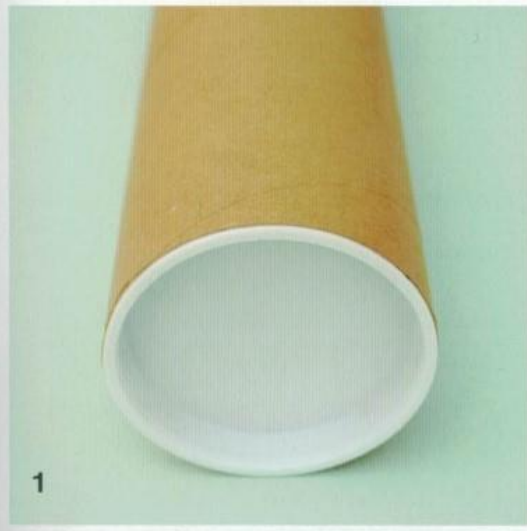
materials

- Long cardboard tube (a postal tube is ideal)
- Washable PVA glue
 - Long strip of tin/aluminum foil
- Small cup of dried beans or uncooked rice
- Coloured paper
 - Sticky tape



rainstick

The rainstick is a Peruvian instrument traditionally made from dried, hollow cacti. Luckily for us, you can make a pretty good version from an old postal tube and a few scoops of uncooked rice!



how-to

1 Seal one end of your tube. Postal tubes usually come with a plastic cap. If yours does, glue the cap in place. If it doesn't, use cardboard and tape instead.

2 Take a long piece of tin/aluminum foil that's about twice the length of your cardboard tube. Scrunch it up tightly to make a long snake shape. Push this snake into your tube, coiling it around like a spring as you go.

3 Pour the uncooked rice into the open end of your tube.

4 Seal the other end of your rainstick and decorate. We used cut paper but felt-tip pens or crayons are great too.

hints and tips

To play your rainstick, simply tip it to a 45-degree angle. As you tip the rainstick, turn it slightly to keep the sound going for a longer time. You can also use it as a shaker.

eco info

This craft uses household and recycled materials. Please always recycle your tin/aluminum foil after use!



walnut shell boats

I just adore these little boats. You can take them to your nearest stream for their maiden voyage or, if you want to stay closer to home, the washing up bowl will do just fine.

how-to

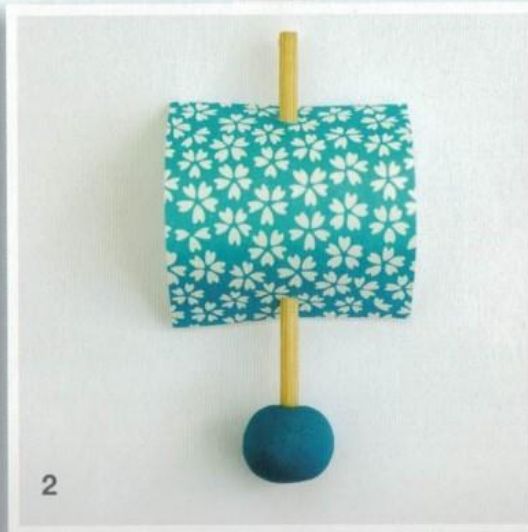
1 Using a nutcracker, carefully crack some walnuts in two. Try to crack the nut around the middle where there is a raised ridge. This way, the nut should crack neatly into two halves.

2 Roll a ball of plasticine that's small enough to fit into a walnut half and push this onto one end of the skewer. Take the small rectangle of paper and punch a hole at either end, about 5mm/¼in in from the edge. Now gently thread the paper onto the mast.

3 Push the plasticine ball firmly into the base of a walnut shell. Now you're all ready to go sailing!

materials

- Whole walnuts
- Nutcracker
- Plasticine/Blu-Tack
- Toothpick/wooden skewer (cut into 8cm/3in lengths)
 - Paper (5 x 4cm/2 x 1½in)
 - Hole punch



Kaleidoscope

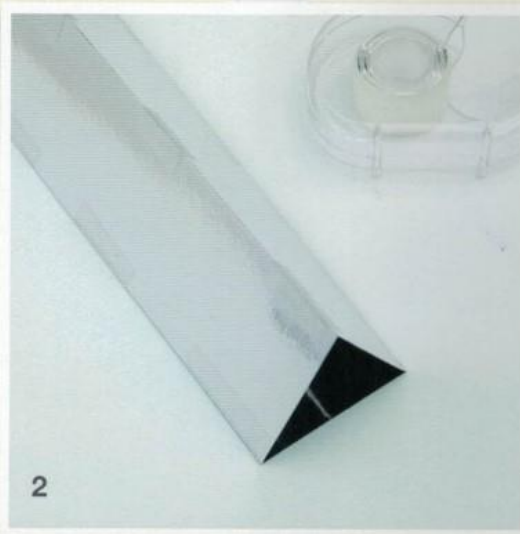
Kaleidoscopes are timeless toys and you can make a great one from household scraps. Kids will be fascinated by the wonderful colours and shapes they spy inside.

how-to

- 1 Using a hammer and nail, pierce a hole in the metallic end of the tube (this step is for grown-ups only).
- 2 Create a reflective prism by cutting your mirror card into three strips (grown-ups only). The strips should be 2cm³/₄in shorter than the length of your tube. To calculate the width of your strips, measure the diameter of your tube and multiply it by 0.866. Using sticky tape, stick the three strips of mirror card together to form a triangular prism.
- 3 Push the prism into your tube so that it is flush at one end. Secure in place using sticky tape.

materials

- Clean, empty cookie or potato-chip tube
 - Hammer • Nail
- Double-sided mirror card (or aluminum foil glued onto card)
 - Scissors • Ruler
 - Sticky tape
- Transparent plastic (from the recycling bin)
- Pencil • Tracing paper
 - Small colourful transparent objects, such as beads







4 Stand the tube on top of a piece of transparent plastic and, using a pencil, draw around the outside of the tube. Cut out the circle of transparent plastic and place it on top of the prism. Tape into place. Pour your beads on top of the transparent plastic. Be careful not to overfill as the beads need to be able to move around.

5 Stand the tube on top of a piece of tracing paper and, using a pencil, draw around the outside of the tube. Cut out the circle of tracing paper and use it to line the plastic lid for your tube to create a frosted effect.

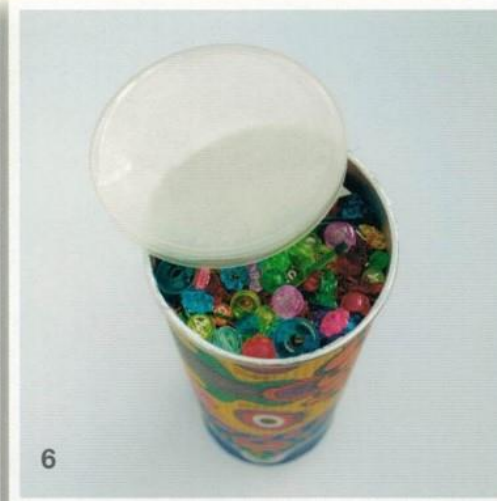
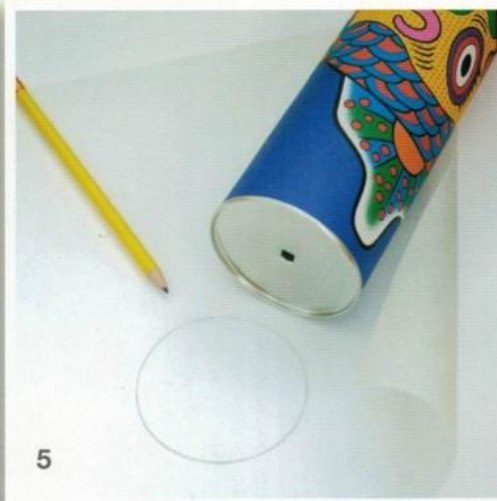
6 Put the lid back on the end of the tube. You can secure the lid using some tape or glue. Once your kaleidoscope is complete let your little one decorate it using paper, felt pens/markers and crayons.

hints and tips

- Before you make your kaleidoscope, send your little one on a treasure hunt around the house to find lots of small, colourful (preferably transparent) objects to put inside the object chamber.
- If you don't have an old biscuit/potato chip tube you can improvise and make one from an old kitchen roll tube instead.

eco info

This project demonstrates the importance of reusing materials that still have a useful life, rather than throwing them in the bin.





Cardboard Castle

This cardboard castle is a great gift to make, it won't cost the earth and your little one can have a great deal of fun customizing the outside before playing with it.

how-to

- 1 Photocopy the castle templates on page 116–118 and then cut them all out.
- 2 Place each template on a scrap piece of corrugated cardboard then draw around it using a pencil.
- 3 Cut the castle shapes and the slits out using a metal ruler and craft knife (this step is for grown-ups only).
- 4 Once you have cut out all the shapes, slot them together to create the castle as shown.

hints and tips

Once your castle is complete, let your little one decorate it. Stick to felt pens/markers or crayons because paint will make the box go soggy.

eco info

This project is a great use for a large cardboard box of the type that new appliances or pieces of furniture are delivered in.

materials

- Scrap paper
- Pencil • Scissors
- Scrap corrugated cardboard
- Craft knife
- Metal ruler
- Felt pens/markers
- Crayons

