

Flubber

Safety Tip

- Remind your child this is not for eating.
- Please use adult supervision. The Flubber gets very hot!

How do we do it?

What Do We Need?

- ✓ 1 tsp. Metamucil
- ✓ 1 cup water
- ✓ Microwaveable bowl
- ✓ Microwave oven
- ✓ Food Coloring (optional)

1. Mix 1 tsp. of Metamucil and 1 cup of water in microwaveable bowl.
2. Add a few drops of food coloring if desired.
3. Microwave mixture for 4-5 minutes or until mixture is about to bubble out of the bowl.
4. Let the mixture cool slightly, then microwave 4-5 minutes more or until mixture is about to overflow. Repeat the microwave/cool process 5 to 6 times until the mixture is rubbery.
5. Pour the (hot, hot, hot!) mixture onto a plate or cookie sheet. Use a spoon to spread it out.
6. Allow the non-stick Flubber to cool. A knife or cookie cutter can be used to cut it into interesting shapes.
7. Flubber can be stored at room temperature in a sealed baggie for several months. It will last indefinitely in a sealed bag in the refrigerator.

TIP: If the Flubber is sticky then the amount of water needs to be reduced. It should be clammy, but not sticky.

What's in it for us?

- ❖ As your child plays with the Flubber they will build strong hand muscles which will be needed for holding a pencil and cutting.
- ❖ Kneading, rolling and cutting are great ways to reduce stress.

