



If you have piles of paper (newspaper, white paper, tissue paper, etc.) that you no longer need, try recycling them with your family in a fun way. Soaking shredded paper in water breaks down its fibers and produces a texture-rich slushy liquid called paper pulp. (Make sure the paper is free of staples and tape.) Paper pulp can be molded and remolded into any shape you want, making for a great science exploration and sensory play experience for young children as they touch it, mush it together, and squish it between their fingers.

Mixing flour with paper pulp produces an even richer sensory play experience. Adding flour transforms paper pulp into clay with a dough-like consistency that will hold molded shapes and sculptures for several days. Try adding fun materials such as glitter, confetti or food coloring to enhance your child's creativity and imagination.

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Visual Guide: Paper Clay Creations



FIRST, shred the paper or cut the paper into long strips.



THEN, cut the paper into smaller pieces and put them in a container.



NEXT, pour warm water into the container and let the paper pieces soak overnight.



THEN, put the wet paper and some water inside a blender. Turn the blender on. You just made paper pulp!



THEN, pour the paper pulp through a strainer to remove any water. Use your hands to squeeze water from the paper pulp too.



THEN, in a separate bowl, mix 3 cups of flour with 1 cup of the drained paper pulp.



NEXT, sprinkle some salt into the bowl. This will help keep your paper clay fresh for a longer period of time.

Visual Guide: Paper Clay Creations

Tip: If your paper clay is too dry, add more water and mix again. If your paper clay is too wet, add more flour and mix again.



THEN, measure 2 tablespoons of warm water and pour into the bowl.



THEN, mix the paper pulp, flour, salt and water together using your hands.



NEXT, your paper clay is ready when you can roll a ball of paper clay and it keeps its shape.



LASTLY, use your hands to make shapes, letters, numbers or any other creation you can imagine!

Tip: Paper clay hardens as it dries. If you want your paper clay to last for several days, store it in a container with a wet paper towel, cover the container, and keep it in the refrigerator.



Try adding fun objects to the paper clay, such as glitter, confetti or even googly eyes!



After the paper clay dries, try coloring it with markers.



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Visual Activity Guides

As part of our Autism Access Initiative, NYSCI offers invaluable opportunities for children with autism spectrum disorder (ASD) to build a solid foundation of STEAM (science, technology, engineering, arts and math) thinking skills. We are committed to encouraging children with ASD and their families to explore their science process skills, early mathematical thinking, designing and making through hands-on exposure to new materials, tools and experiences.

Many children are strong visual learners and visual thinkers, especially children with autism. Given this strength, NYSCI has created Visual Activity Guides, visual step-by-step instructions to help engage children in STEAM activities when verbal communication and instructions are difficult. Visual Activity Guides encourage the whole family to participate in playful hands-on activities while promoting a positive learning experience that is clear and engaging.

Use these Visual Activity Guides in a way that best makes sense for your child: printed on paper or displayed on a screen. Your child should be able to see the guide before beginning the activity and the guide should continue to be visible throughout. At first, you may need to physically guide your child (for example, gently guide your child by the shoulder and prompt them to point to each step). Try doing the activity more than once and gradually decrease physical prompts as your child begins to use the visual activity guide more independently.

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