



10 - 15 MINUTE ACTIVITIES



Invisible Ink Pen Pals

Here's a secret... invisible ink is easier than you think. This DIY is a great way for your kids to mail secret messages to friends they haven't seen in a while.

DIRECTIONS

1. Mix equal parts water and ARM & HAMMER™ Baking Soda.
2. Dip a paintbrush in the solution and use to write a message on your white printer paper. For example, "Let's order pizza tonight."
3. Allow the ink to dry.
4. To reveal the message, you have two options. You can gently paint over the message with purple grape juice, or you can hold the paper up towards a light bulb or other heat source.

DETAILS

Craft Time: 5 minutes

Time For You: 10 minutes
(just enough time to return your co-worker's call)

What Your Kids Get: a bunch of secret messages

INGREDIENTS & SUPPLIES

- ☐ 1/2 cup ARM & HAMMER™ Baking Soda
- ☐ 1/2 cup water
- ☐ White printer paper
- ☐ A safe heat source (like a light bulb) (optional)
- ☐ 8 oz purple grape juice
- ☐ Paintbrush
- ☐ Measuring cups



Tie-Dye Slime

Parents, take this kid-favorite experiment up a notch with a fun tie-dye twist.

DIRECTIONS

1. Set out three different bowls – one for each color of slime.
2. Pour 4 ounces of liquid glue into each bowl. Add a few drops of food coloring and 1 tablespoon of ARM & HAMMER™ Baking Soda to each bowl. Mix well.
3. Slowly add a few drops of contact lens solution at a time and mix. Keep adding more drops until the slime starts to pull away from the sides of the bowl when mixed. (Quick tip: it will end up being about 2 teaspoons, but if you add too much at once the slime can become stiff.)
4. When the slime reaches a gooey state and pulls away from the bowl, knead with your hands. If it still feels sticky after 1-2 minutes, add a couple more drops of the contact lens solution.
5. Repeat steps 1-4 for each color.
6. Remove each color of slime and place on a baking sheet or tray. Stretch each slime side by side, then twist them all together to create your tie-dye pattern.

NOTE: Careful with food coloring - it stains!

DETAILS

Experiment Time: 20 minutes

Time For You: 10 minutes
(that disorganized folder on your desktop is calling your name)

What Your Kids Get: 1 blob of slime

INGREDIENTS & SUPPLIES

- ☐ 1 tablespoon ARM & HAMMER™ Baking Soda per slime color
- ☐ 1 bowl for each color
- ☐ 4 oz bottle of white school glue per slime color
- ☐ Contact lens solution
- ☐ Food coloring
- ☐ Measuring spoons
- ☐ Baking sheet or tray



Lava Lamp

Parents, this throwback is for you. Your kids will be mesmerized by a retro lava lamp.

DIRECTIONS

1. Using the funnel, pour 4 tablespoons of ARM & HAMMER™ Baking Soda into the bottle. Shake the bottle a bit to let the baking soda settle into a flat layer at the bottom.
2. Pour in the vegetable oil slowly to avoid disturbing the layer of ARM & HAMMER™ Baking Soda and set aside. You may need more or less depending on the size of the bottle.
3. Pour vinegar into a plastic cup. Add 3-4 drops of food coloring and stir to combine. You can experiment with different colors for a more unique lamp effect. It's your lava lamp, go wild.
4. Use the pipette to add drops of colored vinegar to the plastic bottle. Watch the reaction!
5. Continue to add drops of vinegar until bubbles stop floating to the surface.

NOTE: Careful with food coloring - it stains!

DETAILS

Experiment Time: 10 minutes

Time For You: About 5 minutes
(enough time to change out of PJs into your "work" sweatpants)

What Your Kids Get: 1 lava lamp

INGREDIENTS & SUPPLIES

- ☐ 4 tablespoons of ARM & HAMMER™ Baking Soda
- ☐ 1 clear bottle with cap
- ☐ 12 oz vegetable oil
- ☐ 1/4 cup vinegar
- ☐ Food coloring
- ☐ 1 plastic cup
- ☐ Pipette or eye dropper
- ☐ Funnel
- ☐ Measuring cup
- ☐ Spoon



Fizzing Hands

Parents, get ready for the bubbles! Here's a twist on the iconic Baking Soda volcano experiment.

DIRECTIONS

1. Quick tip: get everything ready on a cookie sheet to make it easy to carry outside and clean up.
2. Add vinegar, a good squeeze of dish soap, and food coloring to the jar. Stir with a spoon or swish to combine the ingredients. Set aside.
3. (Adults only) Open up a paper clip and use a pointed end to poke a hole in each of the glove's fingertips.
4. Add 3 tablespoons ARM & HAMMER™ Baking Soda to the glove, shaking it to the fingertips.
5. Place the open end of the glove over the top of the jar. Be careful NOT to spill any baking soda in.
6. Place rubber bands around the base of the glove to secure it in place around the jar.
7. Take the cookie sheet with your jar/glove outside. Gently tip the glove up to empty the baking soda into the jar. Swirl everything around then stand back to steer clear of the foamy reaction!
8. Bonus step: if you dare, you can add more baking soda and vinegar for an even bigger reaction. (You may need a *hand* for cleanup.)

NOTE: This one gets messy. Take it outside for easy cleanup!

DETAILS

Experiment Time: 25 minutes

Time For You: 5 minutes
(steal some fruit gummies from the pantry and enjoy)

What Your Kids Get: 1 fizzing hand

INGREDIENTS & SUPPLIES

- ☐ 3 tablespoons ARM & HAMMER™ Baking Soda
- ☐ Wide mouth jar (plastic or glass)
- ☐ 3/4 cup vinegar
- ☐ Liquid dish soap
- ☐ Vinyl glove
- ☐ Food coloring
- ☐ Spoon
- ☐ Paperclip
- ☐ Rubber bands
- ☐ Baking sheet or tray
- ☐ Safety glasses



Hot Lava Mug Cake

Parents, three magical words define this recipe: gooey chocolate center. Help your kids make their own lava cake with this fun concoction.

DIRECTIONS

1. Combine flour, sugar, cocoa powder, ARM & HAMMER™ Baking Soda, buttermilk, fat free milk, vegetable oil, vinegar, and red food coloring in a large bowl.
2. Mix with a whisk until batter is smooth.
3. Spray each mug with non-stick spray and pour batter evenly into each.
4. Depending on what kind of day it has been, add as much broken chocolate bar to the center of the batter as you like. We recommend around 6-8 pieces. Pour 1 teaspoon of water over the batter in each mug to help create the lava center.
5. Cook one mug at a time in the microwave for 1 minute. Set aside to cool.
6. Top mug cake with vanilla ice cream and serve. (An optional step, but one worth indulging in.)

NOTE: Adult supervision recommended

SERVING SIZE & TIMING

Prep Time: 15 minutes

Bake Time: 1 minute each

Time For You: 5 minutes
(just enough time to refill your cup of coffee)

What Your Kids Get: 4 mug cakes

INGREDIENTS & SUPPLIES

- ☐ 1/2 teaspoon ARM & HAMMER™ Baking Soda
- ☐ 1 cup all-purpose flour
- ☐ 1/2 cup sugar
- ☐ 2 tablespoons unsweetened cocoa powder
- ☐ 1/2 cup buttermilk
- ☐ 1/4 cup fat free milk
- ☐ 2 tablespoons vegetable oil
- ☐ 1/2 teaspoon distilled vinegar
- ☐ 1 teaspoon red food coloring
- ☐ 4 teaspoons water
- ☐ 2 lightly broken up chocolate bars
- ☐ Measuring cup
- ☐ 1 can non-stick spray
- ☐ 4 mugs