

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



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

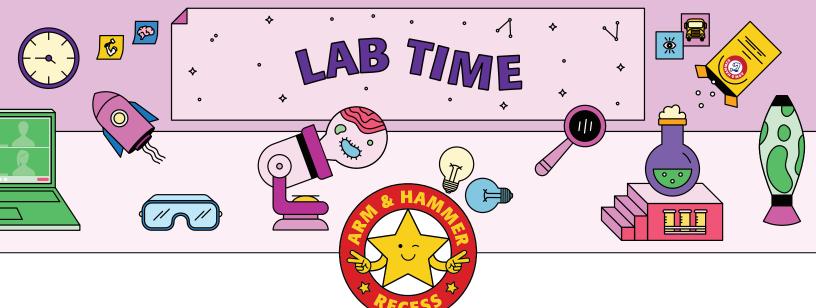
Tie-Dye Slime

DIRECTIONS

- 1. Set out three different bowls one for each color of slime.
- 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.
- 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.
- 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.

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

NOTE: Careful with food coloring - it stains!



Lava Lamp

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

DIRECTIONS

- 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.
- 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.
- 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

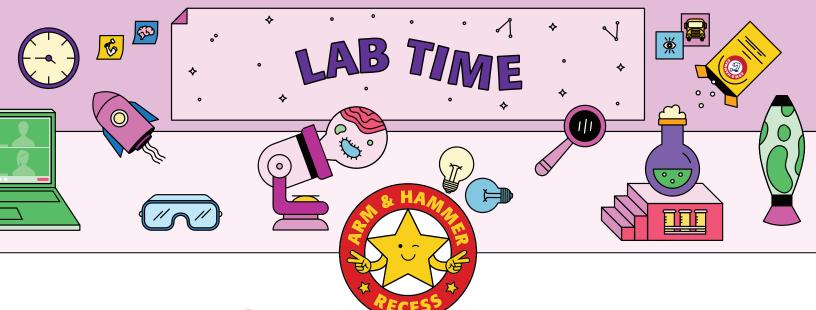
(enough time to change out of PJs into your

"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.)

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

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



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

- 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
- \Box 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