



# 25 - 35 MINUTE ACTIVITIES



## Chalk Paint

It's a dream come true: chalk that won't leave a mess for parents. Grab the chalkboard or get outside with this fun DIY!

### DIRECTIONS

1. In a mixing bowl, combine water and corn starch. Stir until smooth. It will be runny.
2. Add in ARM & HAMMER™ Baking Soda and stir to combine.
3. Divide the mixture evenly into the small plastic cups. You'll want to keep stirring the ingredients so they don't settle – this is a great way to keep the kids' hands occupied and away from your phone. Add food coloring to each cup to make different paint colors.
4. Use paintbrushes to paint pictures on a chalkboard or on the driveway outside. The mixture is thinner than regular paint, but you can use it the same way.
5. The chalk paint washes off easily with water. Wait for the rain or let the kids play with the hose to get some extra time for yourself.

Disclaimer: Careful with food coloring - it stains!

### DETAILS

**Craft Time:** 10 minutes

**Time For You:** 5-25 minutes  
(go ahead and enjoy that coffee before it gets cold)

**What Your Kids Get:** up to 8 paint colors

### INGREDIENTS & SUPPLIES

- ☐ 1 cup ARM & HAMMER™ Baking Soda
- ☐ 1 cup corn starch
- ☐ 2 cups water
- ☐ Food coloring
- ☐ 8 small plastic cups
- ☐ Paintbrushes
- ☐ Measuring cup
- ☐ Mixing bowl



## Modeling Clay

A classic Baking Soda clay recipe that lets your imagination go wild. Try making camp medallions (parents, you deserve it), jewelry holders, and more.

### DIRECTIONS

1. Pour 2 cups ARM & HAMMER™ Baking Soda and 1 cup of corn starch into a saucepan. Stir until mixed.
2. Add 1 1/4 cups cold water and keep mixing.
3. Next, add food coloring if desired. Mix until well blended.
4. Cook over medium heat, stirring constantly until the mixture is the consistency of mashed potatoes (10-15 mins).
5. Remove mixture from heat, put on a plate, and cover with damp cloth.
6. When cool to the touch, knead until smooth.
7. Time to create! See what your kids can make. (Remember, play time = your time. Live it up with those spare 20 minutes.)
8. To store: If your kids want to reuse their clay, store it in an airtight container in your fridge for up to one week. If they want to preserve their creation, leave it out to dry overnight.
9. Optional: Repeat the recipe above with different colors to let your kids' imaginations soar.

### DETAILS

**Craft Time:** 20 minutes

**Time For You:** About 20 minutes  
(jam out to your favorite songs while you do expense reports)

**What Your Kids Get:** 1 ball of clay

### INGREDIENTS & SUPPLIES

- ☐ 2 cups ARM & HAMMER™ Baking Soda
- ☐ 1 cup corn starch
- ☐ 1 1/4 cups water
- ☐ Food coloring
- ☐ Measuring cups

Disclaimer: Careful with food coloring - it stains!



# Homemade Kaleidoscope

Take advantage of that recycling pile! Let your kids turn an empty Baking Soda box into a homemade kaleidoscope.

## DIRECTIONS

1. Start with an empty box of ARM & HAMMER™ Baking Soda. Cut the box along the seams to disassemble and lay flat.
2. Use a ruler to mark a rectangle on the box that is 4" x 3", anywhere on the box is fine. Cut out the rectangle.
3. Fold the rectangle into thirds.
4. Unfold the rectangle and wrap with foil. Try to keep the foil as smooth as possible. Then set aside.
5. Decorate the toilet paper tube as you like. The kids can use stickers or whatever markers haven't dried out.
6. Grab your rectangle and refold into a triangle. Tape the ends together and slide into the paper tube.
7. Tape the straw along the top of the tube, leaving the bendy part over the edge. Trim straw as needed.
8. Grab your cardstock and cut out a few circles that are 5" in diameter. Have the kids decorate the circles as they like.
9. Poke a hole in the middle of the circle then place it on the straw with the decorated side facing the tube.
10. Look through the tube and spin the circle. Repeat with all of your designs for different effects.
11. Or... just watch the video.

## DETAILS

**Craft Time:** 15-20 minutes

**Time For You:** 2 x 10 minute breaks  
(get up from your desk and stretch!)

**What Your Kids Get:** 1 kaleidoscope

## SUPPLIES

- ☐ 1 empty box ARM & HAMMER™ Baking Soda
- ☐ 1 toilet paper tube
- ☐ White cardstock paper, standard size
- ☐ 1 flexible straw
- ☐ Aluminum foil
- ☐ 1 permanent marker or pen for measuring
- ☐ 1 pair of scissors
- ☐ 1 roll of tape
- ☐ 1 12-inch ruler
- ☐ Colored markers or crayons for decorating
- ☐ Construction paper (optional)



# Blast-off Bottle Rockets

This one is a two-part activity. Step 1: Help the kids make a rocket. Step 2: Blast-off.

## DIRECTIONS

1. Secure 3 pencils to the bottle using duct tape to make "legs" for your rocket (allow 2" of space between bottle opening and surface below). The bottle opening should be facing down when the bottle is placed on its legs.
2. Quick tip: Once the pencils are the same height, add one big extra piece of duct tape around the bottle and all three pencils for extra security.
3. Let the kids decorate their bottle rocket with paper and cardboard to bring the experiment to life. (Take this time to help decorate or just enjoy some "you time".)
4. Time to add the rocket fuel. Turn the bottle over so that the pencil legs are facing up. Using the funnel, add 2-3 cups of vinegar to the bottle. Insert cork for now and set aside. (The more vinegar, the higher the blast off!)
5. Cut a paper towel into a 6" x 6" square. Add 2-3 tablespoons of ARM & HAMMER™ Baking Soda onto the paper towel, then roll it up tightly like a burrito so the baking soda doesn't spill out. Optional: secure the bottom of the packet with duct tape to make dropping it in the bottle easier.
6. Take everything outside. Parents, you're in charge of launch. Let the kids spectate from a safe distance. Working quickly, place baking soda packet inside the bottle and plug with a cork. Turn the bottle upside down, place on its 'legs,' and STAND BACK!
7. Watch as the rocket soars into the sky, reaching anywhere from 20 to 40 feet!
8. There's a bit of trial and error with this experiment. If you don't have a launch the first time, try again! The Baking Soda burrito is key.

## DETAILS

**Experiment Time:** 30-45 minutes

**Time For You:** 10 minutes  
(let yourself daydream about your next vacation)

**What Your Kids Get:** 1 bottle rocket

## INGREDIENTS & SUPPLIES

- ☐ 2-3 tablespoons ARM & HAMMER™ Baking Soda
- ☐ Empty 2-liter soda bottle
- ☐ 2-3 cups vinegar
- ☐ Duct tape
- ☐ 3 pencils
- ☐ Construction paper/cardboard to decorate rocket
- ☐ 1 cork (try a wine bottle cork or any that fits mouth of soda bottle)
- ☐ Paper towels
- ☐ Measuring cup
- ☐ Funnel
- ☐ Safety glasses





## Dig Deep Dirt Cup

This dirt cup recipe teaches kids all about the soil beneath our feet.

### DIRECTIONS

1. Preheat oven to 350°F to make a brownie base.
2. In a large bowl, stir together cocoa powder and ARM & HAMMER™ Baking Soda. Add 1/3 cup vegetable oil and boiling water; mix well.
3. Stir in sugar, eggs, and another 1/3 cup vegetable oil.
4. Add flour, vanilla extract, and salt; mix well. Use non-stick spray on a 9" x 13" pan. Pour batter into pan and bake for about 35 minutes, or until a toothpick inserted comes out clean. Allow to cool before using.
5. While that bakes, it's time to make the grassy surface. Spoon coconut flakes into a zip top bag, and add 6 drops of green food coloring. Seal the bag then shake and knead to distribute color to the coconut. Set aside.
6. Let the kids arrange all ingredients in layers (aka, your time to kick back).  
Bedrock layer: chocolate chips; Subsoil layer: crumbled brownie and pudding;  
Topsoil layer: crushed crème filled sandwich cookies; Final layer: green-colored coconut flakes and gummy worms.

NOTE: Adult supervision recommended

### SERVING SIZE & TIMING

**Prep Time:** 30 minutes

**Bake Time:** 35-40 minutes

**Time For You:** 10 minutes  
(grab the 3lb bag of Baking Soda for some air squats)

**What Your Kids Get:** 8 dirt cups

### INGREDIENTS & SUPPLIES

- ☐ 1/2 teaspoon ARM & HAMMER™ Baking Soda
- ☐ 3/4 cup unsweetened cocoa powder
- ☐ 2/3 cup vegetable oil
- ☐ 1/2 cup boiling water
- ☐ 2 cups white sugar
- ☐ 2 eggs
- ☐ 1 1/3 cups all-purpose flour
- ☐ 1 teaspoon vanilla extract
- ☐ 1/4 teaspoon salt
- ☐ 8 clear cups
- ☐ Green food coloring
- ☐ **Toppings:** chocolate pudding, chocolate chips, coconut flakes, gummy worms, crushed up crème-filled chocolate cookies