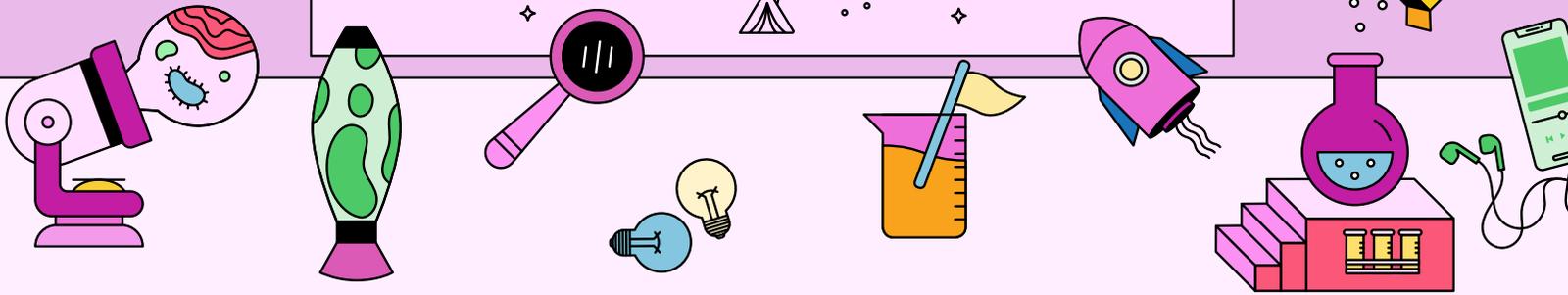


Wednesday is for Reactions

No such thing as an overreaction here!
Time to experiment.

EXPERIMENTS



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 (hurry, grab a few levels of that game on your phone)

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

