



5 - 20 MINUTE ACTIVITIES



Invisible Ink Pen Pals

Here's a secret... invisible ink is easier than you think.

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.

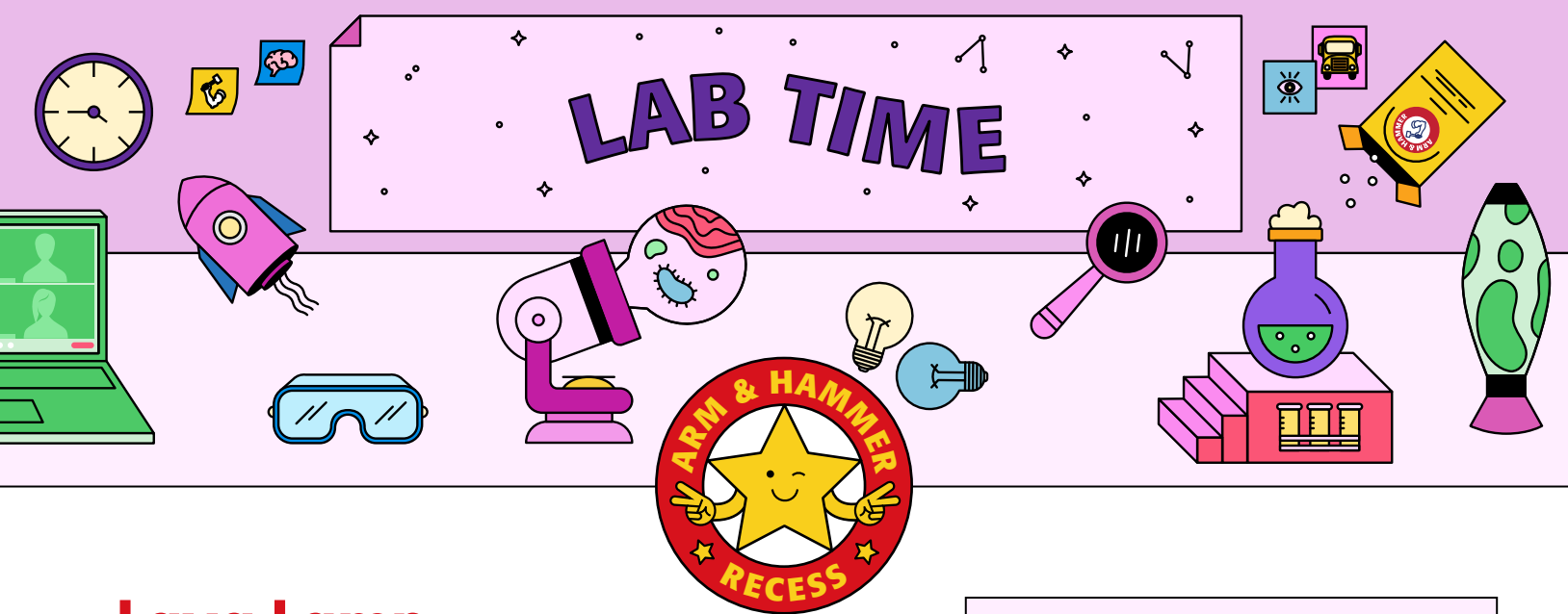
DETAILS

Craft Time: 5 minutes

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



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

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



DIRECTIONS

- ## DETAILS

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

Disclaimer: Careful with food coloring - it stains!



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

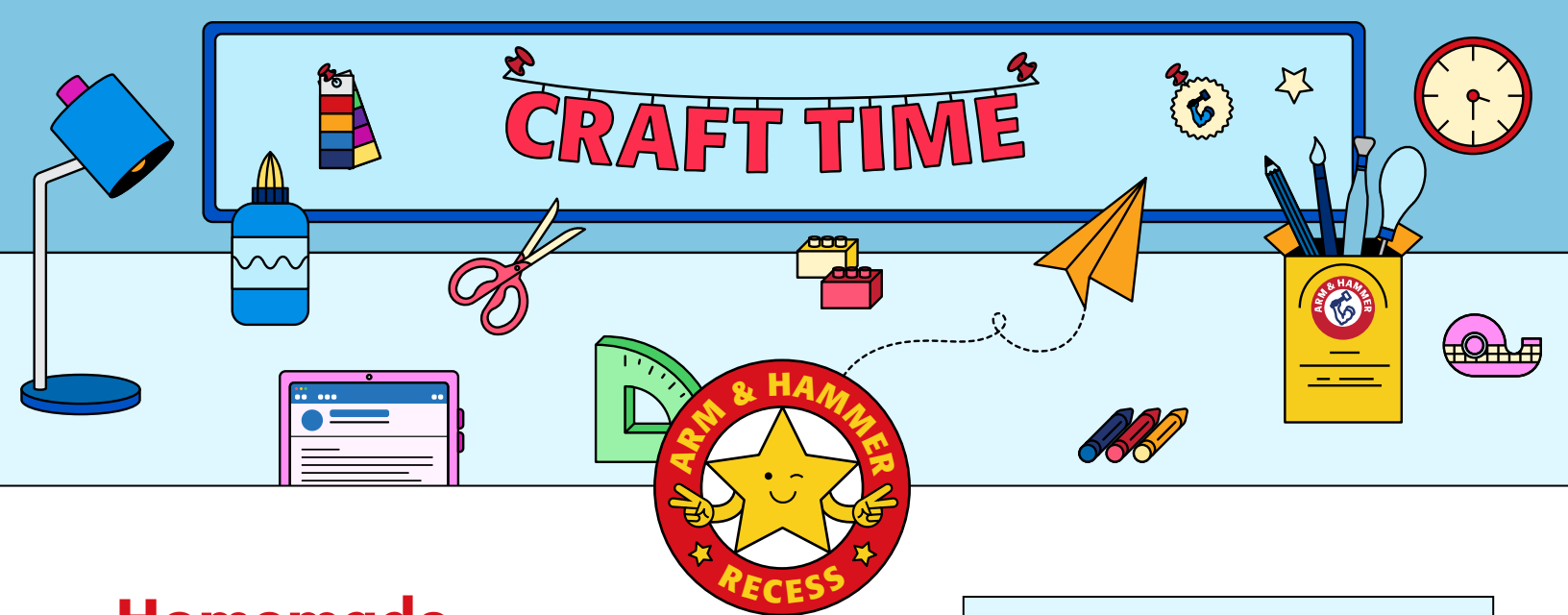
Prep Time: 15 minutes

Bake Time: 1 minute each

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



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

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)



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

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