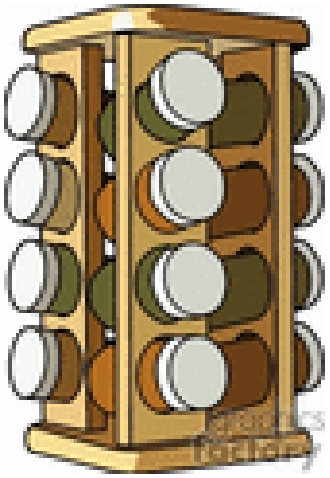
# Green Kid

a create, play, and learn activity guide for kids

## Kitchen Science



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GreenKidCrafts.com

# GREEN KID ACTIVITY GUIDE

Every month Green Kid Crafts subscribers get an exclusive, award-winning activity guide (a $4.95 value!). Each Green Kid Activity Guide is designed by early education experts around a new and exciting theme intended to teach kids about the world around them as they have fun, flex their creativity, and build confidence through innovative, open-ended projects, puzzles, games, reading lists, and more!

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## ABOUT GREEN KID CRAFTS

- Green Kid Crafts saves busy families time and money through our curated box full of educational, hands-on, and eco-friendly activities, delivered right to your door each month for $19.95/month!

- Our Creativity  and Science Kits are designed by parents and teachers and tested by kids.

- Green Kid Crafts is a mom-owned and operated green company.

- Green Kid Crafts' mission is to help solve the Creativity Crisis facing the nation's youth and to inspire future generations of creative leaders.

**- Become part of the Green Kid Community at GreenKidCrafts.com**

Featured in



**The Green Kid Crafts Discovery Box: A box of fun and learning that kids 3-8 will enjoy for months to come! All materials and instructions needed to complete at least 3 projects.**

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# Walking Water

*We all spill, especially with a house full of little kids. How many times have we used paper towels to clean up a mess? This experiment shows how water is absorbed by paper towels and the kids love watching the water "walk".*

## SUPPLY LIST

- 2-3 clear cups, food coloring, water, paper towels

## INSTRUCTIONS

Step 1: Get a clear cup (plastic or glass). Fill it about half way with water and add some food coloring.

Step 2: Roll up a paper towel and insert half into the cup with colored water. Insert the other half into the second empty cup.

Step 3: Leave it alone! It takes awhile but eventually you will end up with the same amount of water in both cups. The water travels up the paper towel and empties back into the empty cup.

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Walking Water

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# Blow it up Fun!

*Experience the magic of baking soda and vinegar while blowing up balloons.*

**SUPPLY LIST**

- Balloons, empty water bottle, baking soda, vinegar, funnel

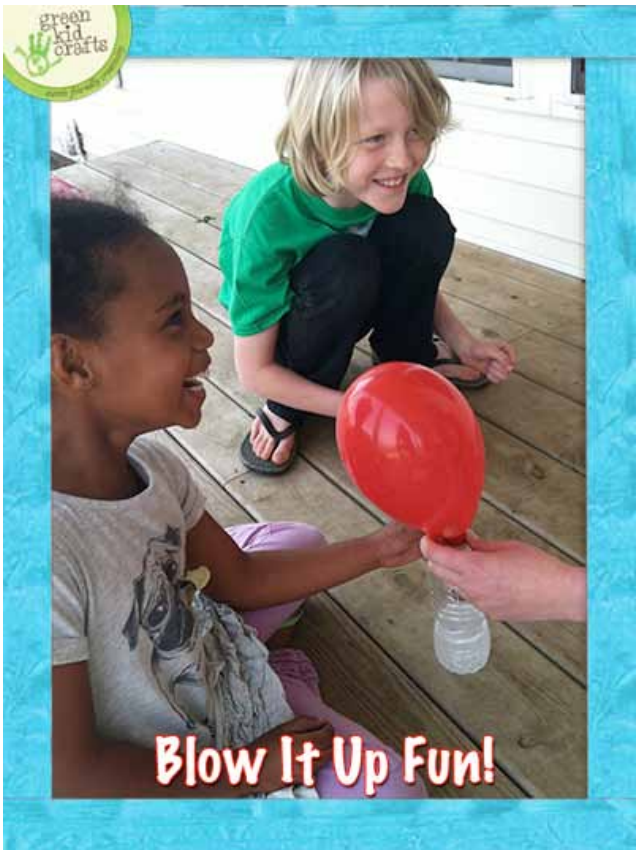
**INSTRUCTIONS**

Step 1: Pour vinegar into the bottle about 1/3 of the way.

Step 2: Fill the balloon about half way with baking soda.

Step 3: Attach the balloon to the top of bottle. Be careful not to let the baking soda fall in yet. Once it is in place, lift the balloon up so baking sodas will fall in.

Step 4: The vinegar and baking soda have a wonderful reaction that blows up the balloon.

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# Sink or Float Experiement

*One of our favorite experiments is this simple water experiment that has kids learning about the scientific method.*


**SUPPLY LIST**

- Plastic bin filled with water, items from around the house that can get wet

**INSTRUCTIONS**

Step 1: Have children gather items from around the house.

Step 2: Have children form a hypothesis. Will a particular item sink or float? Have kids answer each question with what they think.

Step 3: Test each hypothesis through experimentation! Put an item in the water to see if it sinks or floats. If the experiment fails, discuss; if it succeeds, discuss! Then move on to the next item.

Step 4: For more fun, squirt some food coloring into a plastic cup, then have the child put the cup upside down into the water and hold it down. Observe how the water doesn't enter the cup because it creates an air bubble.

# Egg Walk

*What if eggs were really much stronger than most of us imagine? What if nature's design of the egg was so perfect that the thin, white outer coating of an egg was strong enough to withstand the weight of your body?*

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**SUPPLY LIST**

- Two dozen eggs in the cartons

**INSTRUCTIONS**

Step 1: Make sure all your eggs are facing the same way in the carton - the large rounded end should be on the bottom of the carton.

Step 2: Step on the eggs! If you do more than two dozen then you can walk across the eggs.

How Does it Work?

The egg's unique shape gives it incredible strength. The egg is the strongest at the top and the bottom. If you hold an egg in your hand and squeeze it on the top and the bottom, the egg doesn't break because you are adding pressure to the ends which are the strongest parts. But, eggs do not stand up well to uneven forces (which is why they crack easily on the side of a bowl). This also explains how a chicken can sit on an egg and not break it!

# Ivory Soap Cloud

**SUPPLY LIST**

- Ivory soap, microwave safe dish, microwave

**INSTRUCTIONS**

Step 1: Unwrap the soap and place it in a dish. Put in the microwave for 2.5 minutes on high. It will start to grow after a few seconds.

Step 3: Don't take your eyes off the bar of soap as it begins to expand and erupt into a beautiful puffy cloud.

Step 3: Allow the soap to cool for a minute or so before touching it. Don't waste the soap. Take it into the shower or bath. It's still great soap with a slightly different shape and size.

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How Does it Work?

Ivory soap is one of the few brands of bar soap that has air whipped into it during the manufacturing process. What happens to it in the microwave is actually very similar to what happens when popcorn pops. Those air bubbles in the soap contain water. The expanding effect is caused when the water is heated by the microwave. The water vaporizes, forming bubbles, and the heat causes trapped air to expand!

# Growing Carrots

*Our parents always told us not to play with your food, but we think this is okay. This is a simple experiment to show your kids how a carrot is truly a root and can turn into a growing plant.*

**SUPPLY LIST**

- Carrot, water, and dish

**INSTRUCTIONS**

Step 1: Cut the top off the carrot (about an inch or two).

Step 2: Put a small amount of water on the plate you are using to grow your plant.

Step 3: Place carrot top on the plate and set in a window.

Step 4: Check on the carrot over the next week and notice how it starts growing a plant!

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# Make Ice Cream

*Ice cream anyone?? Hone your skills in the kitchen with this fun and tasty recipe!*

## SUPPLY LIST

1/2 cup of milk
1/2 cup of cream
Chocolate topping
3 large freezer bags
1/2 cup salt
Crushed ice
Mixing bowl and spoon

## INSTRUCTIONS

Step 1:  Add milk, cream, and topping in bowl.
Step 2: Put mixture in ziplock bag and double bag it. Get as much air out as possible.
Step 3: Mix salt and ice together and add to third ziplock bag.
Step 4: Put ziplock bag with ice cream into bag with ice and shake away for 15 minutes. Then Eat!

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# Make It Rain

*Can you make it rain indoors? You bet! Follow this simple experiment to learn how.*

## SUPPLY LIST

- Tea pot, ice, water, and plate

## INSTRUCTIONS

Step 1: Boil water and pour 1/3 of the glass jar. Cover with plate.

Step 2:  Let the plate sit on the jar a few minutes.

Step 3:  Add ice to the plate and watch closely to see what happens to the jar.

Water will start to trickle down the inside of the jar. It's raining!!

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How Does it Work?

Some of the hot water turns into steam and collects on the lid. The ice cools the steam and turns it back into a liquid. When enough liquid collects on the lid it falls as a "rain" drop. This process is known as condensation.

# Sun Dial

*Throughout the ages, people, animals and even plants have been using the sun to tell time. With this fun sun dial experiment, you can use the sun to tell time throughout the day.*

**SUPPLY LIST**

- Paper plate, straw, crayons, push pins, pencil

**INSTRUCTIONS**

Step 1: Put the number “12” on the top of the paper plate with crayon. Proceed with the rest of the numbers on a clock.

Step 2: Punch a hole in the center of the plate. Then insert the straw.

Step 3: Close to noon put the sun dial in the sun and tack it down with push pins. The straw should cast a shadow pointing to the 12.

Check through out the day and explain to the kids how the sun helps us know the time.

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# Magnet Fun!

*This fun magnet game is a great boredom buster!*

**SUPPLY LIST**

- Empty 2 liter bottle, pipe cleaners, scissors, strong magnet

**INSTRUCTIONS**

Step 1: Cut pipe cleaners into smaller pieces (thirds worked best).

Step 2: Put the pipe cleaner pieces in the bottle.

Step 3: Use your magnet to manipulate the pipe cleaners. Our Green Kids all had fun moving them around in the bottle!

How Does it Work?

A magnet is an object that has an invisible force field around it that attracts certain types of metals.

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**facebook.com/greenkidcrafts**

# Big Dipper Craft

*Turn your scientist eyes to the skies! Here is a great activity to teach them about the stars by creating (an edible) big dipper.*

**SUPPLY LIST**

- Mini marshmallows, toothpicks, black paper, chalk or marker.

**INSTRUCTIONS**

Step 1: Gather marshmallows and toothpicks in a pile to have them available.

Step 2: Place two toothpicks through the first marshmallow and build out to make a square.

Step 3: Choose one corner to add the handle. Connect a few more toothpicks and marshmallows to lengthen the tail.

Step 4: Write “Big Dipper” to the black paper. Done! (Clean-up, have a marshmallow treat!)

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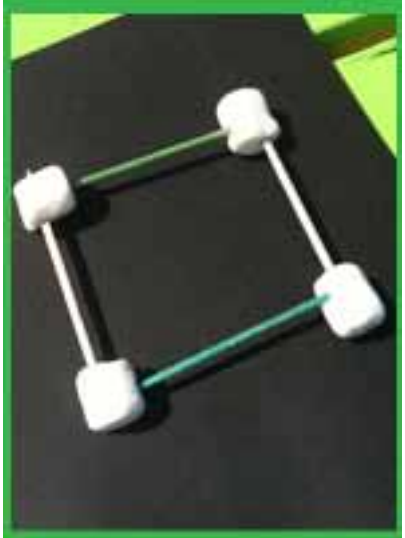

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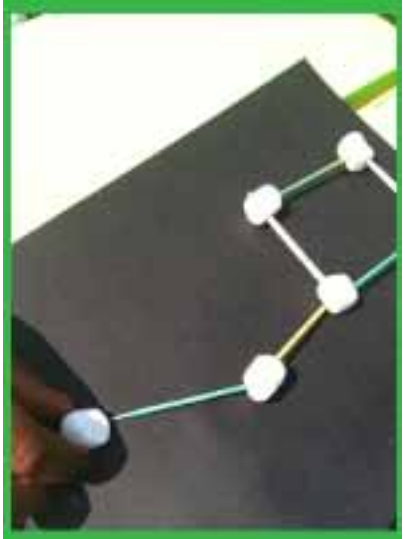

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# Terrarium

*Discussing the water cycle is a great introduction for this project. What are clouds? What are they made of? What is rain? Why does it rain? Where does the rain go after it falls? These questions will start a discussion about evaporation, condensation, and precipitation.*

## SUPPLY LIST

- Jar with lid, dirt or potting soil, rocks/gravel, little plants

## INSTRUCTIONS

Step 1: Fill the jar with alternating layers of gravel and dirt.
Step 2: Put little plants into the jar, like moss and flowers collected from outdoors.
Step 3: Add some fun rocks. We put a little parrot in it too :)
Step 4: Set the jar in direct sunlight and after a few days you will see the water cycle in action as condensation forms on the jar.

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# Color Changing Milk

*Some very unusual things happen when you mix a little milk, food coloring, and a drop of liquid soap!*

## SUPPLY LIST

- Multiple colors of food coloring, plate or pie plate, milk, liquid soap, Q-tip

## INSTRUCTIONS

Step 1: Pour enough milk in the dinner plate to completely cover the bottom.
Step 2: Add one drop of each color of food coloring to the milk.
Step 3: Predict what will happen when you touch the Q-tip to the center of the milk. It's important not to stir the mix. Just touch it with the tip of the cotton swab. What happened?
Step 4: Now place a drop of liquid dish soap on the other end of the cotton swab. Place the soapy end of the cotton swab back in the middle of the milk and hold it there for 10 to 15 seconds. Look at that beautiful burst of color! Try it again :)

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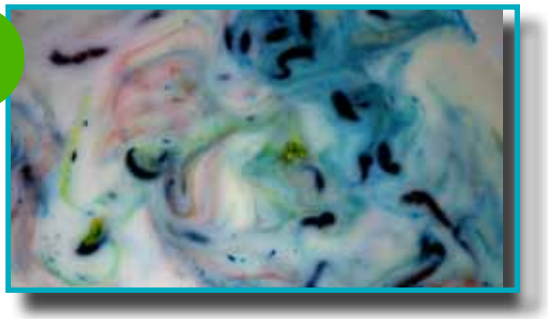

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# BEAN SCIENCE

**SUPPLY LIST**
- Dried kidney beans
- Paper towel
- Jar

**INSTRUCTIONS**

Step 1: Put the dry beans inside a damp paper towel.

Step 2: Put the paper towel inside the jar. Keep the paper towel moist by adding a little water everyday.

Step 3: Check on your beans every day!

Step 4: One week later we had fully sprouted beans! (Do not eat! Kidney bean sprouts are not edible.)

More Fun: Take dry beans and glue them onto a paper with sight words written on it. Great fun and great for fine motor skills!

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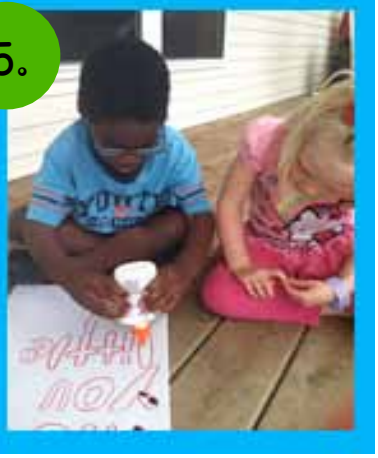

# CARROT RIP ART


**SUPPLY LIST**

- Orange and green paper
- Scissors
- Glue
- Paper

**INSTRUCTIONS**

Step 1: Trace your child's hand. We did it three times. Then cut the hands out. Little ones may need help with cutting.

Step 2: Start ripping orange paper into small pieces.

Step 3: Glue the pieces onto the sheet. You can draw a carrot outline so it is easier for little ones to know where to glue.

Step 4: Glue the handprints on the top for the carrot leaves.

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