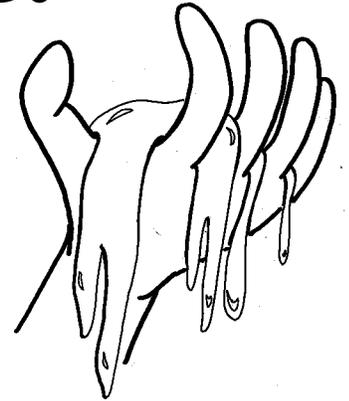


Make Your Own Mucus!

Ages 5-12

Activity Objective:

Within a creative environment, children will create “mucus” with a special recipe to learn about the texture, movement and effects of mucus buildup.



Instructions/Ingredients

Recipe:

- 1 cup water
- 2 cups cornstarch
- Food coloring (your choice: green or yellow)

Procedure:

- Step 1: Pour cornstarch into a bowl.
- Step 2: Slowly add water, just a bit at a time, mixing with fingers as you go until smooth.
- Step 3: Add just a few drops of food coloring to add real slime appeal.
- Step 4: Mixture will appear solid/hard after created, but pick it up and let it ooze!

Another Recipe:

- | | |
|-----------------------------|-----------------------------------|
| 1/2 cup of water | 3 envelopes of unflavored gelatin |
| 1/2 cup of light corn syrup | Measuring cup |
| Kettle or pan | Fork |

*Safety Warning: An adult should help with boiling the water.

Procedure:

- Step 1: Heat 1/2 cup of water until it boils and remove from the heat.
- Step 2: Pour in 3 envelopes of unflavored gelatin, wait a few minutes until it softens and stir with a fork.
- Step 3: Add 1/2 cup of corn syrup.
- Step 4: Stir with fork and lift out long strands of “mucus”.
- Step 5: After experiment, dispose in the trash.

Note: As the water cools, you may need to add a spoonful or two of water.

–Thank you to “Mad Science”, for providing us with this recipe.

(continued)

Activities

- Kids will want to play with “mucus” to get the feel of the material
- As they do, questions can be asked so that they understand the effects of mucus buildup within the respiratory system:

Squeeze the mucus.

What happens?

Allow it to flow between fingers.

Is it fast or slow?

Imagine the mucus inside your body.

Why is it difficult to breathe?

When the above activities are complete, dilute the mucus slowly with a few drops of water at a time. Ask the group “what happened?” Teach them that by adding fluids that this mucus, like the mucus in their lungs, will thin and allow it to flow through the bronchial tubes more easily.

That’s why it’s important to DRINK LOTS OF WATER/FLUIDS DAILY!!

Please note that this material will stain. Do not set it down on anything that is important.