



CENTRE FOR AUTISM
MIDDLETOWN

MAKE YOUR OWN LAVA LAMP



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WHAT YOU WILL NEED:

- A clean 1 litre clear bottle
- 3/4 glass of water
- Vegetable Oil
- Fizzing tablets (such as Alka Seltzer)
- Food colouring
- Funnel



CLEAR PLASTIC BOTTLE



GLASS OF WATER



VEGETABLE OIL



FIZZING TABLETS – ALKA SELTZER



FOOD COLOURING



FUNNEL

MAKE YOUR OWN LAVA LAMP

1



Place funnel into plastic bottle and pour the water into the bottle.

2



Slowly pour the vegetable oil into the bottle until it's almost full. You may have to wait a few minutes for the oil and water separate.

3



Add 10 drops of food colouring to the bottle. The drops will pass through the oil and then mix with the water below.

4



Break a seltzer tablet in half and drop the half tablet into the bottle. Watch it sink to the bottom and let the blobby greatness begin!

5

To keep the effect going, just add another tablet piece. For a true lava lamp effect, shine a flashlight through the bottom of the bottle.

