

# FIZZY HEART BOMBS

### **SUPPLIES**

- -Baking soda
- -Red or purple food coloring
- -Heart molds
- -Small Bowl
- -Spoon
- -Water
- -Cookie Sheet
- -Pipettes
- -Vinegar



### **INSTRUCTIONS**

MIX THE BAKING SODA, RED FOOD COLORING AND WATER TOGETHER IN A SMALL BOWL. Add the water a little bit at a time. You want enough water so that the baking soda sticks together, but not so much that it turns soupy. PLACE THE BAKING SODA MIXTURE INTO THE HEART MOLDS. I found silicone works best for this activity. PLACE THE HEARTS INTO THE FREEZER AND LET THEM HARDEN. I left mine overnight, but you can use the hearts after 30 minutes or so if you prefer. PLACE THE HARDENED HEART ONTO A COOKIE SHEET. Place some vinegar in a small bowl. You don't need a large amount of vinegar, but you can always add more to the bowl when you need it. USE A PIPETTE TO PICK UP THE VINEGAR AND DROP IT **ONTO THE HEARTS.** Using a pipette is a wonderful way for young children to develop fine motor skills, such as pincer grip and hand-eve coordination. WATCH AS THE HEARTS BUBBLE AND FIZZ AS THE **CHEMICAL REACTION TAKES PLACE.** Repeat steps 6 and 7 until all of the hearts have melted away and won't bubble anymore. Or until your children have finished exploring.

## <u>Curriculum Themes</u>

1: Chinese New Year 2: Valentines Day 3: Friendship/ Feelings 4: Dr. Seuss

## **DATES TO REMEMBER**

FEB 1<sup>st</sup>: National Freedom Day FEB 2<sup>nd</sup>: Groundhog Day FEB 4<sup>th</sup>: World Cancer Day FEB 6<sup>th</sup>: Optimist Day FEB 7<sup>th</sup>: World Read Aloud Day FEB 14<sup>th</sup>: Valentines Day FEB 17<sup>th</sup>: Random Acts of Kindness Day FEB 20<sup>th</sup>: National Love Your Pet Day FEB 27<sup>th</sup>: International Polar Bear Day

## EXTRA ACTIVITIES @ CAUSHLIN CLUB



PIANO LESSONS GUITAR LESSONS TENNIS LESSONS



Logan – 6 years old

<u>Birthdays</u>