



## Virtual Disney World Rides

*YouTube channel: Virtual Disney World*

- There are many virtual rides that you can watch on YouTube for free
- Pair themed rides with that corresponding Disney movie and browse throughout Pinterest for craft ideas and activities to coincide with that Disney character
  - You can do a different ride/character/movie each day of the week

## Science at Home

We love to do science experiments and make ooey, gooey projects. Some of our favorite recipes and instructions are listed below using common household items.

### *Slime*

- 1 5 ounce bottle of glue (clear, white or glitter)
- 1 teaspoon of baking soda
- Food coloring
- Contact solution
- Bowl
- Popsicle stick or spoon
- Plastic baggie (to store slime once finished)

### *Instructions*

Empty the entire bottle of glue into a bowl. Add one teaspoon of baking soda to the glue and mix well using a Popsicle stick or spoon. Add desired amount of food coloring to glue mixture and mix until desired color is reached. Begin adding small amounts of contact solution (teaspoons at a time) to the glue mixture. As you add the contact solution, the slime will begin to form. Continue to add contact solution until the slime is no longer sticky to the touch. The slime will be hard to stir, so using your hands works best once it is less sticky. Continue to stretch the slime with your hands and add contact solution as needed until your slime is no longer sticky and easy to handle. Have fun!

### **Ooblek**

- 1 ½ cups cornstarch
- 1 cup water
- Large bowl

**Disclaimer!** This project is often messy, so do it in an area where messes are welcomed.

### *Instructions*

Start by adding the cornstarch and water into a large bowl and mixing with your hands. Add more cornstarch and water until the consistency is similar to honey. Ooblek is both a solid and a liquid at the same time. Experiment with how the ooblek changes from solid to liquid based on how hard or soft you touch the solution.



## Dancing Milk

- Milk – whole milk works best, but other types of milk will work as well
- Plate
- Food coloring
- Dish soap
- Straw or toothpick

### *Instructions*

Pour a small amount of milk onto the bottom of a plate and drip food coloring onto the surface of the milk. Use a straw or toothpick to spread the color around but do not mix. Drip a small amount of dish soap onto the milk to make it dance!

Science behind dancing milk – the protein in the milk is broken up by the dish soap when dropped onto the surface of the milk. When the protein is broken up it causes the milk and colors to “dance.”

## Homemade Clay

- ½ cup salt
- 1 tablespoon baby oil
- 1 packet of Kool-Aid
- ½ cup water
- 1 cup flour
- Large bowl
- Plastic baggie (to store clay once finished)
- Optional: essential oils

### *Instructions*

In a large bowl, add salt, flour, and Kool-Aid and mix well. Add in baby oil and water and mix together using your hands. If desired, add drops of essential oils for smell. Mix until combined and have fun!

## Egg Drop

An egg drop is a fun activity where kids can put their problem-solving skills to the test. The goal of this project is to create a way where an egg can be dropped from a distance without breaking when it reaches the ground. Various household items can be used to try and create a contraption for the egg to sit in safely as it descends to the ground.

### *Items that work well*

- Toilet paper rolls
- Tissues
- Cardboard boxes
- Bubble wrap
- Plastic grocery bags as parachutes, baggies, etc

Get creative to make this more or less challenging for your kids – who can make the lightest but most successful holder, whose took the longest to drop, etc. Hard boiled eggs are recommended but not required. The eggs can be decorated prior to packaging and dropping them if desired. This can be a fun competition to do via Zoom, Skype, or FaceTime to connect kids to their peers and to share ideas.

Through our experiences with children in the hospital, play is a modality for children to express themselves in developmentally appropriate ways. Please remember to allow your children to express themselves openly as they play and create in their personally unique ways.

### **Have fun!**

*Nebraska Medicine Child Life Department*

