

GO BEYOND AT HOME!

Make your very own bubbling lava lamp using ingredients from your kitchen cupboard!

You will need:

- an empty clean glass jar
- water
- vegetable oil
- seltzer tablets
- food colouring

Step 1:

Pour tap water into the bottom of the empty jar

Step 2:

Add a few drops of your favourite colour of food colouring and stir

Step 3:

Carefully pour in vegetable oil until it reaches an inch below the jar's rim

Step 4:

Break the seltzer tablets into small pieces and add them to the jar one at a time, watching the magic happen!

Step 5:

Rest the jar on top of the torch on your phone to light up the lamp!

Top Tip! Watch [this video](#) to see how a lava lamp is made by our Break Leaders!

