Activity At HAND 🌈
Water Fireworks

DIRECTIONS

Fill one of the glasses almost to the top with room-temperature water. (Glass A)

Pour 2 tablespoons of oil into the other glass. (Glass B)

Add 2 drops of food coloring to the glass with the oil. (Glass B)

Stir the oil into the food coloring using a fork (stop once you break the food coloring into smaller drops).

Pour the oil and color mixture into the glass with water (Pour Glass B into Glass A)

Now watch! The food coloring will slowly sink in the glass, with each droplet expanding outwards as it falls.

MATERIALS

Water (Room Temperature)
Oil
Food Coloring
Two 16 oz clear tall water glasses
A Fork

WELLNESS AREAS OF FOCUS

- Physical
- Intellectual
- Personal

ACTIVITY SUBMISSION

1. Take a picture of your project
2. Visit hhcenter.org/adult-day-program/
3. Click the link for activity submissions
4. Upload the picture

Helping Hand Center
SERVING CHILDREN & ADULTS WITH DISABILITIES